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BELLATOR

R A N A V I R U W A



*Amidst Prestige,
Pride and Patriotism
Sri Lanka Army Celebrates
76th ANNIVERSARY
1949 2025*





Deputy Minister of Defence Inspects Army Ordnance Depots

Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, conducted an official visit to the Sri Lanka Army Regional Ordnance and Depot Complex (RODC) Angunuwelpessa on 11 October 2025. Air Vice Marshal Sampath Thuyacontha (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, Secretary, Ministry of Defence and Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, also joined the visit. Further, the visit also extended to the Sri Lanka Army Regional Ordnance and Depot Complex (RODC) Punani on 12 October 2025. Secretary, Ministry of Defence and Commander, Security Forces (East) also joined the visit.

During the visit, the Deputy Minister of Defence reviewed the current operational and security conditions of the complex and held a high-level meeting with the Senior Officers and discussed a range of critical issues, including the enhancement of safety and security protocols, the development of emergency response plans, the strengthening of coordination with external agencies and streamlining of the Standard Operating Procedures (SOPs) to ensure smooth functioning, accountability and regulatory compliance.



Deputy Minister of Defence Addresses the High-Ranking Officers of the Sri Lanka Army

Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, made an official visit to the Sri Lanka Army Headquarters on 10 October 2025 in line with the 76th Army Anniversary. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, warmly received the Deputy Minister of Defence to the premises, according a ceremonial welcome.



Addressing the top ranking-officers of the Sri Lanka Army, the Deputy Minister of Defence extended his heartfelt appreciation to the Sri Lanka Army for its unwavering commitment to safeguard the national sovereignty, contributing to the post-conflict reconstruction and efficiently responding to all natural disasters and national emergencies in crisis



situations. Further, he emphasised the enduring importance of discipline as the bedrock of military professionalism. He also instructed them to uphold discipline through example, mentorship and firm but fair enforcement of military standards.

Commander of the Army Attends the UN Troop Contributing Countries Chiefs' Conclave 2025 in India



The United Nations Troop Contributing Countries (UNTCC) Chiefs' Conclave 2025 was held in New Delhi, India, from 14 to 16 October 2025, hosted by the Indian Army. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, attended the conclave representing Sri Lanka. Senior military leaders representing 32 countries who contribute to the United Nations peacekeeping operations took part in the dialogue. Brigadier M K D P Mapalagama psc, Director, Directorate of Overseas Operations of the Sri Lanka Army, also attended the event as part of the Sri Lankan delegation.

Australian Defence College Delegation Meets the Commander of the Army



A delegation from the Australian Defence College, headed by Colonel Brandon Ashley Wood, together with Colonel Amanda Johnston (Defence Adviser of the Australian High Commission), paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at the Army Headquarters on 22 October 2025.



The Commander of the Army Visits Jaffna Peninsula



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, made an official two-day visit to the Jaffna Peninsula from 18 to 20 October 2025. During his visit, he inspected the well-being of soldiers and the operational readiness of troops deployed at Security Forces (Jaffna). Major General K A N Rasika Kumara ndc psc, the Commander, Security Forces (Jaffna) warmly welcomed the Commander of the Army, and subsequently he visited the newly constructed Character Development Centre (CDC) at Vasavilan, Army Base Hospital in Palaly and the American Missionary Tamil Mixed School at Chullipuram.

Further, he inquired on the administrative requirements of the 11 Battalion of the Sri Lanka Light Infantry, the 5 Battalion of the Sri Lanka Army Service Corps and the 7 Battalion of the Sri Lanka Army Women's Corps visiting the respective locations. After receiving blessings from venerable Meegahajandure Siriwimala Thero of Sri Nagavihara Temple, he then met Rt. Rev. Dr. Justin Bernard Gnanapragasam at Bishop's House in Jaffna.



SLEME Restores Army Vehicle Fleet

Under the direction of the Commander of the Army a fleet of Army vehicles has been fully restored to motorable condition by skilled technicians of the Sri Lanka Electrical and Mechanical Engineers (SLEME). The repair work was carried out at the SLEME Base Workshops, under the supervision of the Directorate of Electrical and Mechanical Engineers, saving the Army a substantial sum of money that would have been spent on new vehicle acquisitions.



The newly refurbished vehicles were handed over to the respective regimental representatives by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, during a formal event held at the Army Headquarters on 24 October 2025. The reconditioned vehicles included twenty-six TATA 1313 and 1613 trucks, fifteen TATA 709 trucks, fourteen buses, one unicorn water bowser, one unibuffel, two gully bowzers, five cabs, six ambulances, four vans, one canter lorry and one car. In addition, ten iron horse trucks were donated to the Sri Lanka Artillery, while eight DRZ four hundred motorcycles were handed-over to the Special Forces Regiment.





76th Sri Lanka Army Celebrates ANNIVERSARY 1949 2025



In conjunction with the 76th Army Anniversary, a series of programmes were organised under the patronage of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army. As part of these events, a Special Mass was conducted by Most Rev. Dr. P. Anton Ranjith, Auxiliary Bishop of the Archdiocese of Colombo, together with several priests, on 01 October 2025 at St. Thomas' Church, Kotte. In addition, a special prayer was held at the Kollupitiya Jumma Mosque on 02 October 2025.





All-night Pirith chanting ceremony, organised to invoke blessings for the 76th Army Anniversary, was held at the Sri Maha Bodhirajaramaya Temple, Panagoda, on 06 and 07 October 2025. The event was graced by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, and Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit. Venerable Dr. Kirinde Assaji Thero, the Chief Incumbent of Gangaramaya Viharaya, led the chanting, while Venerable Eethalawetunuwewe Gnanathilaka Thero, the Chief Incumbent of Rathnamali Viharaya, delivered a sermon highlighting the invaluable service rendered by the Sri Lanka Army to the nation, invoking blessings for its continued success and well-being. The programme concluded with an alms-giving ceremony offered to the Maha Sangha on the following day.

The War Heroes' Commemoration Ceremony was held at the War Heroes' Monument in Battaramulla on 08 October 2025 to honour the supreme sacrifice of the valiant War Heroes' who laid down their lives for the sovereignty of the motherland. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, together with Senior Officers, laid floral tributes at the Memorial, paying heartfelt homage to the fallen War Heroes who defended the nation with courage and dedication. The ceremony concluded in keeping with military tradition and the War Heroes' Memorial Bugle was sounded in solemn remembrance of their bravery and noble sacrifice.



Sri Lanka Army Proudly Celebrates 76 Years of Excellence



The Sri Lanka Army celebrated its 76th Anniversary on 10 October 2025 at the Panagoda Army Cantonment, marking more than seven decades of distinguished service to the nation. The ceremony was graced by the presence of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army.

The Army Day Parade, comprising seventy five Officers and six hundred and twenty six Other Ranks representing twenty four Regiments, along with ceremonial Colour Squads, was commanded by Major General P R Pathiravithana USAWC psc, Director General General Staff of the Sri Lanka Army and Colonel Commandant of the Sri Lanka Armoured Corps. Brigadier K A D C R Kannangara RSP ndc, Director of Sports, served as the Parade Second-in-Command.

After reviewing the parade, the Commander of the Army received the salute of the assembled troops in accordance with military tradition. He also presented the Army Commander's Commendation Badge to six exemplary Other Ranks in recognition of their exceptional service over the past year. These recipients were commended for their bravery, integrity and selfless contributions during national emergencies, often carried out at great personal risk.

In his address, the Commander of the Army emphasised the importance of a soldier-centric approach to future development, highlighting the need to develop professional soldiers equipped with advanced technical expertise and modern warfare capabilities. Under the guiding motto, "Serve to Lead", he reaffirmed that the Army is committed to becoming a future-ready force defined by excellence, professionalism, and strong leadership.



Newly-Promoted Major Generals Receive Their Symbol of Authority



In conjunction with 76th Army Day on 10 October 2025 and upon the recommendations of Air Vice Marshal Sampath Thuyacontha (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, Secretary, Ministry of Defence and Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, His Excellency the President and Commander-in-Chief of the Armed Forces, Anura Kumara Dissanayake, has approved the promotions of five Brigadiers who were wounded in action, in recognition of their dedicated service to the nation.

Accordingly, Brigadier W A S R Wijedasa WWV RSP USP ndc psc, Brigadier E N Kurukulasuriya RWP RSP psc, Brigadier M A D J D Gunathilaka RSP USP, Brigadier K A D S K Dharmasena RWP, Brigadier C S Thibbotuge were promoted to their next rank of 'Major General'. The Commander of the Army formally conferred the rank of Major General upon the newly promoted Senior Officers during a ceremony held on 12 October 2025 at the Army Headquarters.



Brigadier A A D P Kulathilaka USP ndc psc, of the Sri Lanka Armoured Corps, was recently promoted to the rank of Major General and received the symbol of authority and greetings from Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, during a formal courtesy call held on 09 October 2025 at the Army Headquarters.

Annual Meeting of Sri Lanka Army Civilian Benevolent Association - 2025



Annual Meeting of the Sri Lanka Army Civilian Benevolent Association was held on 31 October 2025 at the Public Library, Colombo. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, graced the event as the Chief Guest. During the event, scholarships were presented to the children of civil servants to support their higher education. In addition, mementoes were awarded to civil servants who are members of the Sri Lanka Army Civilian Benevolent Association and are due to retire, in recognition of their dedicated service. The appointment of new board members also took place during the ceremony. Major General K T P De Silva RSP ndu psc, Adjutant General of the Sri Lanka Army, Additional Secretaries of the Ministry of Defence and members of the Directorate of Civil Administration participated in the event.



UNLOG Course Concludes at IPSOTSL

The closing ceremony of the United Nations Logistics Officers' Course (UNLOG) No. 07, conducted from 29 September to 10 October 2025 at the Institute of Peace Support Operations Training Sri Lanka (IPSOTSL), was held on 10 October 2025. Lieutenant Colonel P S D De Alwis RSP USP psc, Chief Instructor of IPSOTSL, graced the occasion as the Chief Guest and awarded certificates to the participants. Twenty four Student Officers from the Sri Lanka Army and two Student Officers from the Sri Lanka Navy, along with six foreign Student Officers from Bangladesh, Fiji, Indonesia, Mongolia and the Philippines, participated in the course.



Russian–Sri Lankan Joint Military Exercise “Wolverine Path 2025” Commences



The inaugural Russian–Sri Lankan bilateral military exercise “Wolverine Path 2025” was held from 25 October to 04 November 2025 at the Army Training School (ATS), Maduruoya. This tactical counter-terrorist exercise marks the first-ever joint field training collaboration between the Sri Lanka Army and the Armed Forces of the Russian Federation.

Major General K J N M P K Nawarathna RWP RSP ndu, Director General Infantry, together with Major General W M N K D Bandara RWP RSP USP ndu psc, General Officer Commanding, 12 Infantry Division and Major General S A U A Solangaarachchi RSP ndc psc, the Exercise Director warmly welcomed the troops on 24 October 2025 at Mattala Rajapaksa International Airport. Representing the Russian Federation, Major General Andrey Borisovich Kozlov, arrived as the Head of the Delegation and led the Russian contingent throughout the joint training programme.

The “Wolverine Path 2025” exercise is designed to enhance military cooperation, strengthen professional bonds and develop joint counter-terrorism capabilities between the two nations through a series of field training drills, tactical simulation and interoperability exercises.

Exercise Mitra Shakti (XI) 2025 Pre-Training Course Commences



Exercise Mitra Shakti (XI) 2025 was scheduled to be held in Belgavi, India, from 09 November to 23 November 2025. Accordingly, the pre-training course for the participating contingent commenced at the Air Mobile Training School (AMTS), Nikawewa, with the participation of Officers and Other Ranks of the Sri Lanka Army and Sri Lanka Air Force. Brigadier W A J Hemachandra RSP psc Hdmc, the Commander, the Air Mobile Brigade and the Exercise Director, graced the opening ceremony as the Chief Guest and delivered the opening remarks and provided the necessary guidance for the successful completion of the exercise.

Army Troops Participate in Search and Rescue Training Exercise in Ella



A large-scale 'Search and Rescue Training Exercise' organised by the Badulla District Disaster Management Unit was conducted on 16 October 2025 along Ella–Wellawaya road. The exercise was based on the analytical findings of the real-life rescue operation following the tragic bus accident that occurred on 04 September 2025, with the aim of enhancing readiness and coordination for future emergency responses. The drill was conducted with the participation of multiple agencies, including the Sri Lanka Army, Sri Lanka Air Force Base - Diyatalawa, Special Task Force, Ella Police, Fire and Rescue Units of Badulla and Bandarawela, Teaching Hospital - Badulla, General Hospitals of Diyatalawa and Bandarawela, Ceylon Electricity Board, 1990 Suwa Sariya Ambulance Service, Road Development Authority and several volunteer organisations. During the exercise, a simulated scenario assumed that a bus had fallen down a 500-foot precipice near the 25th kilometre post on the Ella–Wellawaya road.

All participating institutions coordinated their efforts to strengthen inter-agency collaboration, evaluate response capabilities, improve casualty handling procedures and enhance communication and night operation efficiency. The 112 Infantry Brigade, under the command of Brigadier B A D N K Bulathsinhala RWP RSP USP psc, led the search and rescue operations, with the participation of troops from the 23 Battalion the Vijayabahu Infantry Regiment, 3 Commando Regiment, 1 Battalion the Gemunu Watch and 5 Battalion the Gemunu Watch.

Honourable J M Kapila Jayasekara, Governor of Uva Province and Mr. P S P Abeywardhana, District Secretary of Badulla visited to witness the event. The Governor commended all participating agencies for their professionalism and joint efforts in strengthening the disaster management mechanism in the Badulla District.

Passing Out Parade of Air Assault Course No. 30

The Passing Out Parade of the Air Assault Course No: 30 was held on 15 October 2025 at the Airmobile Training School under the patronage of Major General K H M S Wickramaratne RSP, the Commander 1 Corps.

Four Officers and one hundred and two Other Ranks successfully followed the course and Lieutenant D M C C B Pussalla of 1 Battalion Vijayabahu Infantry Regiment won the award as the 'Best Shooter', Infantryman Rathnayaka R M of 3 Battalion of Sri Lanka Light Infantry won the award for 'Best Physical Student' and Sergeant Priyantha W M S of 5 Battalion the Gemunu Watch won the award for 'Best Physical Student'. Major General G A T Godewatte RWP RSP, the General Officer Commanding 53 Infantry Division, Officers and Other Ranks participated in the Passing Out Parade.



SNCOs' Leadership & Career Development Course No. 57 Concludes



The Senior Non-Commissioned Officers' (SNCOs') Leadership and Career Development Course No. 57, conducted by the Combat Training School (CTS), Ampara concluded with a certificates awarding ceremony on 28 October 2025. A total of forty one Senior Non-Commissioned Officers from different Regiments received certificates during the ceremony. Sergeant Dinesh Kumara A A of the 23 Battalion of the Gemunu Watch, was adjudged the Best Student of the course. The concluding remarks were delivered by Brigadier A K C S De Silva RSP ndc, the Commandant of CTS.



Sri Lankan Peacekeepers Participate in the UNIFIL International Cultural & Food Festival



The 16th Sri Lanka Force Protection Company (SLFPC) participated in the International Cultural & Food Festival under the theme 'Flavours without Borders', held at the United Nations Interim Force in Lebanon (UNIFIL) Headquarters in Naqoura on 23 October 2025. This event highlighted a variety of global cultures through traditional cuisines, music and live performances, offering a valuable opportunity to experience and appreciate cultural diversity in an inclusive setting. During the event, members of the SLFPC shared the nation's rich cultural heritage through traditional food and dance performances. The Head of Mission and Force Commander, together with a large contingent representing various countries across the world, attended the event.



Army Troops Control Sudden Fire at Laxapana Tea Factory



A sudden fire broke out at the Laxapana Tea Factory in the Nallathanniya area on 09 October 2025. At the occasion, troops from the 5 (Volunteer) Battalion Sri Lanka Light Infantry and 3 (Volunteer) Battalion the Sri Lanka Sinha Regiment promptly reached to the scene and initiated firefighting efforts, under the directions of 642 Infantry Brigade.

Ambassador of Sri Lanka to Lebanon Visits 16th Sri Lanka Force Protection Company in UNIFIL



His Excellency Kapila Jayaweera, Honourable Ambassador of Sri Lanka to Lebanon, paid a courtesy call on the Force Commander and Head of Mission of the United Nations Interim Force in Lebanon (UNIFIL) at the UNIFIL Headquarters on 03 October 2025. This was the first visit the Honourable Ambassador of Sri Lanka to Lebanon made after the 16th Sri Lanka Force Protection Company (16 SLFPC) assumed the duties at Naqoura, Lebanon, on 04 July 2025. The Honourable Ambassador and other officials from the Embassy of Sri Lanka were warmly welcomed by Lieutenant Colonel Y S H N P Silva USP psc, the Commanding Officer of 16 SLFPC, together with the Officers and troops of the contingent. During the visit, the Honourable Ambassador addressed all members of the contingent, commending their professionalism and dedication as peacekeepers serving under the UN flag. A reception dinner was subsequently held in honour of the Ambassador and the visiting delegation.



Troops Restore Tawalama–Ayudagala Road Affected by Landslide



A team of the 20 Battalion Sri Lanka Light Infantry (SLLI) restored a road damaged by a landslide in the Tawalama area on 21 October 2025. The main road near Ayudagala was damaged by the landslide and the restoration and clearing work was immediately performed. The troops quickly restored the affected areas and further ensured public safety.

Sri Lanka Army Troops Promptly Respond to the Disaster Situations Islandwide



The Army troops launched emergency operations in various parts of the island due to adverse weather conditions from 19 to 22 October 2025.

Accordingly, a train travelling from Kandy to Colombo was derailed due to a landslide in the Mawanella area on 19 October 2025. Responding to emergency situation swiftly, troops of 8 Battalion the Sri Lanka Sinha Regiment (SLSR) cleared the railway track and ensured the safety of the affected passengers and train crew.



Meanwhile, on 21 October 2025, a train derailed at Upper Kotte Railway Station in Kegalle, and in a swift response, troops of the 8 Battalion the Sri Lanka Sinha Regiment (SLSR), in collaboration with the railway authorities, took necessary measures to safely restore train traffic.



Meanwhile, troops of the 2 (Volunteer) Battalion the Gemunu Watch rescued four civilians, including a mother and her two-month-old baby, who were stranded due to rising floodwaters in the Piyadigama area in Galle on 22 October 2025. The Galle Disaster Management Centre, Divisional Secretariat and local government institutions provided their support to the troops for this operation.



Another Medical Camp for Islandwide Disabled Veterans

Under the direction of the Commander of the Army, the Directorate of Veterans Affairs & Rehabilitation, in collaboration with the Army Seva Vanitha Unit (ASVU), a medical camp was conducted for disabled retired Army personnel as part of a series of ongoing medical programmes on 21 October 2025 at the Headquarters of the 58 Infantry Division, Puttalam.



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, graced the occasion as the Chief Guest together with Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit at the invitation of Major General U K D D P Udugama RWP RSP USP ndc psc, Commander, Security Forces (West). During the event, three hundred spectacles, fifteen wheelchairs, hundred crutches, five walking aids and five walkers along with other medical equipment, were symbolically distributed to differently-abled personnel. In addition, the ASVU distributed lunch packets to all participants.



The programme benefited over one thousand individuals, including disabled retired and medical board-out personnel and families of War Heroes facing medical challenges, through a comprehensive medical camp offering general consultations, prosthetic maintenance, dermatology and dental clinics, mental health counselling and nutritional guidance. Directors of Army Headquarters, officials from the Ministry of Defence, members of the Ranaviru Seva Authority, Officers and Other Ranks participated in the event and inquired into the current issues faced by the participants.

Medical Camp on 'Preventing Non-Communicable Diseases'



A health awareness camp for Other Ranks and civil employees serving in the 22 Infantry Division, its under command brigades and units was held on 25 and 29 September 2025 at the 22 Infantry Division Field Hospital premises. The programme was organised in collaboration with Trincomalee Regional Directorate of Health Services.



Army Infantryman Sets a New Serendib World Record

Infantryman Piyathissa R W V of the Gajaba Regiment, an Residential War Hero of Abhimansala II, Kamburupitiya, achieved another remarkable milestone by setting a Serendib World Record in honour of the Sri Lanka Army's 76th Anniversary. Despite being visually impaired due to a battle casualty, the soldier continues to exemplify courage, faith and determination through his extraordinary endurance of challenges as a visually impaired individual. Continuing his inspiring journey, on 09 October 2025, he commenced a long-distance walk from Seenigama to the War Heroes' Monument at Battaramulla, completing the challenge in 18 hours, 51 minutes and 12 seconds on 10 October 2025. Upon the conclusion of the walk, he was warmly welcomed by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army. The event, held in conjunction with the Sri Lanka Army's 76th Anniversary celebrations, was officially recognised by Dr. Lal Ekanayake, the President of Serendib World Records (Private) Limited. This achievement is recognised as Infantryman Piyathissa's R W V 8th Serendib World Record.



An Awareness Programme on 'Etiquette for RSMs'

The second stage of an Awareness Programme on Etiquette for Regimental Sergeant Majors (RSMs) was conducted by the Directorate of Training on 14 and 15 October 2025 at the Regimental Centre, Sri Lanka Light Infantry. Two hundred and six Senior Non-Commissioned Officers (SNCOs) representing various Regiments of the Army participated in the training programme. Major General D K S K Dolage USP nps psc, the Chief of Staff of the Army, delivered the opening address, emphasising the importance of maintaining etiquette in both the professional and personal conduct of Senior Non-Commissioned Officers. Major General Y A B M Yahampath RWP RSP ndu psc, the Deputy Chief of Staff, Major General K V N P Premaratne RSP USP nps psc, the Commandant of the Sri Lanka Army Volunteer Force, Officers and Other Ranks attended the event.



1 Corps Celebrates its 4th Anniversary



The 1 Corps commemorated its 4th Anniversary with a series of programmes at its Headquarters on 17 October 2025. Interfaith religious ceremonies were conducted on 15 and 16 October 2025 at Kilinochchi Lumbini Viharaya, St. Theresa's Roman Catholic Church and Murukkandi Hindu Kovil. On the Anniversary day, troops of the 8th Regiment Sri Lanka Artillery presented a ceremonial Guard Turnout to Major General K H M S Wickramaratne RSP, the Commander of 1 Corps. Marking the occasion, the Commander of 1 Corps planted a sandalwood sapling in the camp premises and then addressed the troops.



Security Force Headquarters (East) Celebrates its 22nd Anniversary

The Security Force Headquarters (East) proudly celebrated its 22nd Anniversary on 31 October 2025 at its premises in Welikanda. In commemoration of the occasion, a series of religious events were held at Somawathiya Maha Seya, Mamanga Hindu Temple, St. Mary's Church, and Al-Laksha Mosque in Batticaloa on 24 and 25 October 2025, invoking blessings for all personnel serving at the Security Force Headquarters (East).



On the Anniversary day, Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander, Security Forces (East), was honoured with a Guard Turnout and a Guard of Honour presented by troops of 2 (Volunteer) Battalion, the Gajaba Regiment, in keeping with military tradition. During the event, the Commander, Security Forces (East) addressed the troops. The celebrations concluded with an All-Ranks tea party, a special lunch and a vibrant musical evening.



The Sri Lanka Sinha Regiment Celebrates its 69th Anniversary



The Sri Lanka Sinha Regiment celebrated its 69th Anniversary with pride and honour on 01 October 2025. The Anniversary events began according a Guard of Honour to Major General J K R Jayakody RWP RSP, the Deputy Commander, Security Forces (West) and the Colonel Commandant of the Sri Lanka Sinha Regiment. Then, the Colonel Commandant of the Sri Lanka Sinha Regiment laid a floral wreath at the War Heroes' Monument and addressed All Ranks. Subsequently, the Senior Officer ceremoniously declared open renovated road in Mahaoya area. In appreciation of the services of the troops, who contributed to the road reconstruction, certificates were awarded. In addition, canvas shoes were presented as a gift for them. The Anniversary event concluded with an All Ranks lunch.



Gajaba Regiment Proudly Celebrates its 42nd Anniversary



The Gajaba Regiment celebrated its 42nd Anniversary on 14 October 2025 at the Gajaba Regimental Centre with a series of religious and ceremonial events. The celebrations commenced with a multi-religious flag blessing ceremony on 03 October 2025, followed by an all-night pirith chanting ceremony on 12 October 2025 with an almsgiving for Venerable Maha Sanga.



Major General U K D D P Udugama RWP RSP USP ndc psc, the Colonel of the Regiment, laid a floral wreath at the Regimental Monument in honour of fallen War Heroes on 13 October 2025. In addition, parents, siblings and spouses of fallen War Heroes also participated in the ceremony. On the Anniversary Day, the Colonel of the Regiment was accorded a Guard Turnout in accordance with military traditions. He then paid tribute to the "Founder Father" of the Regiment, Late Major General W I V K M Wimalaratne RWP RSP VSV USP psc, laying a floral wreath at his statue. Afterwards, the Colonel of the Regiment reviewed the ceremonial parade. The Anniversary formalities concluded with an All-Ranks lunch.

Sri Lanka Army Service Corps Celebrates its 76th Anniversary

The 76th Anniversary of the Sri Lanka Army Service Corps (SLASC) was held on 30 October 2025 at the Regimental Centre, Panagoda. The celebration, was included with a War Heroes' commemoration programme, a inter-battalion cricket and volleyball tournaments and an alms-giving at the Sri Maha Bodhirajaramaya Temple, Panagoda, on 25 October 2025.



On the Anniversary day, Major General K T P De Silva RSP ndu psc, the Adjutant General of the Sri Lanka Army and the Colonel Commandant of the Sri Lanka Army Service Corps, was accorded the Guard Turnout and a Guard of Honour by SLASC troops in keeping with military customs. During the ceremony, the Army Sports Council of Sri Lanka also felicitated Major R B N Ratnayake, who was awarded the 'Sri Lanka Army Sports Council' award, along with the other athletes of the Army Service Corps who have brought glory to the Army and the Army Service Corps in international events.



A Workshop on Psychological Health and Suicide Prevention



A three-day workshop from 21 to 23 October 2025 on 'Psychological Health and Prevention of Suicide Attempts among Members of the Armed Forces' was successfully conducted at the Security Forces Headquarters (East). The programme, conducted by mental health specialists from the Directorate of Preventive Medicine and Mental Health, focused on enhancing awareness and capacity among Officers and Senior Non-Commissioned Officers to identify, manage and prevent psychological health challenges in the military. Early recognition of stress related conditions and preventive measures to reduce the risk of self-harm and suicide were emphasised. Delivering closing remarks, Major General J S B W Pallekumbura RWP RSP ndu psc, Commander, Security Forces (East) praised the Directorate's efforts in promoting psychological wellbeing and highlighted the need for sustained awareness and institutional support to maintain mental resilience.

War Literature Lecture for 'Soldier Motivation'



Another session of the "War Literature" lecture series organised under guidance and direction of the Directorate of Media and Psychological Operations was held on 22 October 2025 at 4 Regiment Army Ordnance Corps, Pallekele. The inspiring session, was attended by two hundred Army personnel and Senior Officers of the Sri Lanka Air Force. Lieutenant Colonel E A S Chaminda, serving in the Directorate of Media and Psychological Operations, delivered a lecture on "War Literature" in order to educate the new generation about the patience, endurance, sacrifices of War Heroes, as well as the milestones of the 30-year prolonged war through the memories and experiences of the battlefield, instilling a sense of pride in those who have undergone the same experience.

An Educative Lecture to Prevent Drug Addiction



With the aim of preventing drug addiction among the Army personnel, an awareness lecture programme on the prevention of dangerous drug use was held at the 8 Battalion Vijayabahu Infantry Regiment on 25 September 2025 and 54 Infantry Division Headquarters on 26 September 2025, for the Officers and Other Ranks. Mrs. Inusha Hettiarachchige, Drug Education, Prevention and Information Officer of the National Board for Dangerous Drugs Control, conducted the educative session.

Army Internal Affairs Unit Conducts Awareness Programme



The Sri Lanka Army Internal Affairs Unit (IAU) conducted an awareness programme on 07 October 2025 at the Army Headquarters, with the participation of Army personnel from all Branches and Directorates of Army Headquarters. The programme focused on integrity promotion, distinguishing gifts from bribery, conflict of interest management, corruption risk assessment and preparation of institutional action plans.

A Workshop on Formulation of Accurate Technical Specifications



The Directorate of Plans conducted a workshop for its Officers on Formulation of Accurate Technical Specifications at the Multifunctional Hall of Army Headquarters on 17 October 2025. Brigadier L S D N Pathirathna RSP USP, Director Quality Assurance and Inspections conducted the session. The programme aimed to enhance the overall quality and efficiency of military procurement processes through a better understanding and practical application of specification formulation techniques.

Educative Lecture on Non - Communicable Diseases



The Security Force Headquarters (Wanni) organised a lecture on non-communicable diseases on 01 October 2025 at Headquarters premises. Brigadier (Dr.) A S M Wijewardena USP (Retd) MBBS MRCP (UK) FRCP (UK) - Consultant Physician, Brigadier (Dr.) R M M Monaragala USP, Consultant Psychiatrist, Major (Dr.) P A S D Jothipala, Consultant Community Physician and Major A C K Udugama, Dietician, conducted the session. During the lecture, good habits for a long and healthy life, stress management, nutrition and dietary practices were discussed. Eighty four Officers and two hundred and fifty four Other Ranks participated in the session while one hundred and ninety seven Officers and two thousand one hundred and eighty Other Ranks joined virtually via Zoom, connecting from 47 locations.



South Asian Sprint Champions Adorn the Motherland with Gold

Sri Lanka Army athletes delivered outstanding performances on 25 October 2025 at the 4th South Asian Athletics Championship, held in Ranchi, India, earning 12 gold, 08 silver and 07 bronze medals bringing immense pride to the nation and the Army. Warrant Officer II H K K Kumarage, Warrant Officer II H L N D Lekamge, Bombardier Dasun S A T, Lance Corporal De Silva D T A,

Lance Corporal Safiya M Y F, Lance Corporal Karunarathne D M H S, Lance Corporal Yodhasinghe Y C M, Infantryman Diyalawaththa D D S, Private Silva N M P P, Private Malshan K A P, and Private Wijesooriya W A M R won gold medals, along with Recruit Silva K K I. Among the silver medalists were Warrant Officer II H K K Kumarage, Staff Sergeant Nadeesha R, Corporal Chathuranga G R, Corporal Ranasinghe R M S J, Corporal Ranathunga R R D, Lance Corporal De Silva D T A, Lance Corporal Vaksan V, Private Gamage R P, and Recruit Silva K K I. Bronze medals were won by Sergeant Sugandi W L, Bombardier Dharmasena K K D N, Corporal Dissanayaka W D M M S, Private Nifran R M, Recruit Mithumraj S K, Recruit Silva K K I and Recruit Upeksha E M S.

Making history, Lance Corporal Safiya Yamik M Y F was crowned 'South Asia's Fastest Woman' after clinching three gold medals, while Lance Corporal Yodhasinghe Y C M earned the title of 'South Asia's Fastest Man'.



The Sri Lanka Army athletes who represented the nation at the 4th South Asian Senior Athletics Championship 2025 returned to the island on 28 October 2025 from the Bandaranaike International Airport. The group was warmly welcomed by Major General K T P De Silva RSP ndu psc, the Adjutant General of the Sri Lanka Army, together with Senior Army Officers and family members.

Commander of the Army Commends Sri Lanka Army Athletes for Outstanding Achievements



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, commended the outstanding achievements of Sri Lanka Army athletes who excelled at the 4th South Asian Senior Athletics Championship 2025 held in Ranchi, India, securing an impressive total of 12 gold, 08 silver, and 07 bronze medals. The felicitation ceremony took place on 30 October 2025 at the Army Headquarters.

During the ceremony, the Commander of the Army personally appreciated the athletes for their dedication, discipline, and commitment, presenting cash incentives to motivate and support their continued success in future competitions. The event was attended by Major General D K S K Dolage USP nps psc, the Chief of Staff of the Army, Colonels of Regiments and Colonel Commandants, the Director of Sports, and the coaches. In recognition of their remarkable performances, 18 Army athletes were simultaneously promoted to their substantive ranks.



Sri Lanka Army Para Athlete Wins Bronze at World Para Athletics Championship



Sri Lanka Army's exceptional para athlete, Corporal Nuwan Indika Gamage, brought pride to the nation and the Army by winning the bronze medal at the World Para Athletic Championship held in New Delhi, India, on 02 October 2025, displaying a remarkable skill and determination, recording an impressive leap of 6.46 metres in the Men's T44 Long Jump event.

Clifford Cup Challenge Trophy - 2025



The Clifford Cup Boxing Tournament organised by Sri Lanka Boxing Association was held from 15 to 19 October 2025 at the Royal College indoor stadium, Colombo. Ninety two male and forty two female boxers representing twenty sports clubs participated in the tournament. The Sri Lanka Army men's team excelled by winning 07 gold, 03 silver and 12 bronze medals across 10 weight classes, securing the prestigious Clifford Cup Challenge Trophy and bringing great honour to the Army.

Further, the Army women's team delivered an equally impressive performance by winning 02 gold, 06 silver and 01 bronze medals. Sergeant Priyadarshani H S of 3 (Volunteer) Battalion Sri Lanka Army Women's Corps was adjudged the best boxer of the tournament for her outstanding performance under 51 kg weight category. The Army Boxing Team participated in this tournament under the guidance of Major General J S B W Pallekumbura RWP RSP ndu psc, Chairman of the Army Boxing Team.



Inter-Regiment Chess Championship 2025 Concludes Successfully



The Sri Lanka Army Inter-Regiment Chess Championship 2025, organised by the Army Chess Committee, was held at the Regimental Headquarters of the Sri Lanka Signal Corps from 22 to 26 September 2025. A total of 135 male and female players representing 14 Regiments participated in the event. Major General A M R Abeysinghe ndc, the Provost Marshal and the Chairman of the Army Chess Committee, graced the closing ceremony as the Chief Guest.

The tournament included Standard, Blitz and Team events for both open and women's categories. The Sri Lanka Army Electrical and Mechanical Engineers emerged as the overall champions, while the Sri Lanka Army Medical Corps secured the runner-up position. The Sri Lanka Armoured Corps and Corps of Engineer Services shared third place. Lieutenant R D A M Suraweera CES won the championship of Open Standard Event and Lance Corporal Dasanayaka I N D (Sri Lanka Corps of Military Police) won the championship Women's Standard Event. Lance Corporal De Silva (Sri Lanka Army Medical Corps) D N S won the championship of Blitz Open Event and Corporal Ariyaratna W G H S (Sri Lanka Corps of Military Police) won the championship of Blitz Women's Event. Sri Lanka Army Medical Corps earned the championship of Open Teams Event and Sri Lanka Corps of Military Police won the championship of Women's Teams Event.

Sri Lanka Army Inter - Regiment Squash Championship 2025



The Sri Lanka Army Inter-Regiment Squash Championship 2025, organised by the Army Squash Committee, was held at the Mattegoda Army Camp from 05 to 15 October 2025, with the participation of one hundred and eighty five male and female players representing 11 Regiments. Brigadier D K R N Silva RSP USP psc, Centre Commandant of the Sri Lanka Armoured Corps and the Chairperson of Sri Lanka Army Squash Committee graced the prize awarding ceremony as the Chief Guest. The Sri Lanka Electrical and Mechanical Engineers (SLEME) team clinched the men's open championship, while the Gajaba Regiment (GR) secured the runner-up position.

Army Troops Repaired Medical Equipment at Kosgama Hospital



In line with 76th Army Day Celebration, the troops of the Sri Lanka Army Volunteer Force (SLAVF) repaired medical equipment at Kosgama Government Hospital.

During the service, seven wheelchairs, three trollies, eight saline stands and beds, which had been out of service due to a shortage of maintenance, were restored with the assistance of troops from the Sri Lanka Electrical and Mechanical Engineers Workshop, Kosgama. Major General K V N P Premaratne RSP USP nps psc, the Commandant of SLAVF, handed-over the repaired equipment to the hospital authorities on 07 October 2025 during a simple ceremony. Subsequently, the troops also cleaned the hospital premises.

Army Conducts Explosive Ordnance Risk Awareness Programme



The 7 Field Engineer Regiment (7 SLE) conducted an Explosive Ordnance Risk Awareness Programme for the villagers at the Serunuwara 215-F, Welfare Community Centre on 19 October 2025. The programme was organised in response to a request made by the Grama Niladhari of the Serunuwara. The programme was conducted with the aim to educate the local community on the danger posed by unexploded ordnance (UXO) and to highlight the importance of awareness, identification and immediate reporting of any suspicious explosive items found in the area. Accordingly, the participants were briefed on different types of explosive hazards, safe behaviour practices and the correct procedures for alerting local authorities or the Sri Lanka Army in the event of a discovery. The session included demonstrations, audio-visual presentations, and real-life examples from previous incidents.



Army Constructs New Houses for the Impoverished Family

In conjunction with the 76th Army Anniversary, a new house for a needy family in Karainagar area was handed over on 10 October 2025. The troops of 11 Battalion the Sri Lanka Light Infantry constructed the house under the direction of 51 Infantry Division and supervision of 513 Infantry Brigade. Major General M P N A Muthumala USP psc, the General Officer Commanding, 51 Infantry Division and a group of government officials attended the ceremony. The friends of “Joe-Pete 68 Team” in memory of the late Herbert Alagaratnam, extended the much required financial contribution for the construction of the house under the coordination of Major General Ravi Ratnasingham (Retd).



Troops of the 4 Battalion, the Gemunu Watch, under command to the 232 Infantry Brigade of the 23 Infantry Division, constructed a new house for a low-income family at Komathurei North and handed it over to the family on 15 October 2025. The Children's Emergency Relief International (CERI) extended the much-required financial assistance for the construction. Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander, Security Forces (East), together with Mr. Nitin Tonk, National Director in India and Acting Lead in Sri Lanka of CERI graced the house warming ceremony as the Chief Guests.



Islandwide School Equipment Donation Programmes



A school equipment donation programme benefiting 150 under-resourced students of A/Nabadawewa College and A/Puliyankadawala Primary School in the Horowpothana Divisional Secretariat Division, under the 21 Infantry Division, was successfully held on 26 September 2025 at the respective school premises. The event, organised under the “Clean Sri Lanka” initiative, was generously sponsored by Mr. D P S S Rajapaksa. Each student received a comprehensive school equipment pack valued at Rs. 13,000.00, which included school shoes, a book bag, an umbrella and all essential learning materials required for an academic year. In addition to the donations, a delicious lunch was provided to nearly 700 participants, including students, parents and teachers. Major General K M V Kodituwakku ndc, the Deputy General Officer Commanding, 21 Infantry Division, along with relatives and friends of Mr. D P S S Rajapaksa took part in the heartfelt community initiative.



The staff and students of the Colombo International School, Kandy Branch, organised a donation programme to provide school and communication equipment worth approximately Rs. 400,000.00 to the students of Thri/Erakkandi Sinhala Maha Vidyalaya in Trincomalee. The initiative was coordinated by Brigadier E W R S B Ehelepola USP USACGSC, the Commander of the 221 Infantry Brigade, together with Mrs. Anjali Ehelepola, Head of the Business Studies Division of Colombo International School, Kandy Branch. Several members of the school’s academic staff, including the Head of Higher Education, also took part in the programme, extending their support to this generous cause. Additionally, the “Sapumal Sangamaya” of Pitakanda Road, Kandy, contributed to the initiative by donating school equipment, further enhancing the impact of this collective effort supporting the educational needs of underprivileged children in the Trincomalee area.



The 242 Infantry Brigade organised an essential school bags and stationeries distribution programme, on 24 October 2025 at Panama Maha Vidyalaya, Ampara. The programme benefited 100 students of eight selected schools with essential school bags and stationeries. Mr. Gamini Keerthichandra, the President of the Sinhala Balamandala in the United Kingdom and a resident of Moratuwa extended much-required financial generosity for the programme. Major General J S B W Pallekumbura RWP RSP ndu psc, Commander, Security Forces (East), attended the event as the Chief Guest.



A School Bags Distribution Programme



A school bags and stationeries distribution programme for students of Madupara Sinhala Maha Vidyalaya and St. Luke's Maha Vidyalaya in Mannar was successfully conducted on 16 October 2025 at St. Luke's Maha Vidyalaya. The event was organised by the 542 Infantry Brigade and the 4 Battalion of the Gajaba Regiment. The Principal and teaching staff of Sri Sumangala Central College, Nika/Wariyapola extended the generous sponsorship for the programme.

Special Eye Clinic from Security Forces (Wanni)



Troops under command to the Security Force Headquarters (Wanni), in collaboration with the Sri Lanka Eye Donation Society, organised a special Eye Clinic Programme on 02 October 2025, extending vital medical assistance to 364 visually impaired civilians. During the programme eye check-ups, medical consultations and expert guidance on preventive eye care were also provided. Troops of the 16 Battalion the Sri Lanka Sinha Regiment extended their assistance under the supervision of the 561 Infantry Brigade.

Blood Donation Campaign



In conjunction with the 76th Anniversary of the Sri Lanka Army, troops of the Sri Lanka Army General Services Corps Trade School, Kuttigala, conducted a blood donation programme at the Jayathimapiyapura Community Hall, Kuttigala on 13 October 2025. The event was held under the patronage of Colonel C S Demuni, the Commandant of the Trade School, Kuttigala. The Colombo Centennial Lions Club extended the much-required financial generosity for the event and staff of the Ratnapura and Embilipitiya Blood Transfusion Centres supported the event. 152 people, including Army personnel and residents of the area, donated blood.

In celebration of World Children's Day on 01 October 2025, the Sri Lanka Army organised a series of heartwarming events across its various establishments. These gatherings, held with the participation of War Heroes and children from the civilian community, created wonderful opportunities for joy, learning and togetherness. The celebrations not only met many of the children's educational needs but also filled their day with moments of laughter, friendship and delight. This page captures the vibrant spirit and beautiful memories of World Children's Day, celebrated across the island, including the North and East, highlighting the remarkable talents and radiant smiles of our nation's children.

Glimpses of the World Children's Day



A Series of Welfare Programmes from Army Seva Vanitha Unit



Another session of the welfare initiative organised by the Army Seva Vanitha Unit (ASVU) to enhance the living standards of War Heroes and civil staff was successfully held on 09 October 2025. During the programme, financial donations were presented to support the construction of new houses, the completion of partially built houses and the provision of medical assistance for deserving War Heroes and their families. The event was graced by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army and Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit, reaffirming the Army's ongoing commitment to the welfare and well-being of its personnel.



ASVU Provides Financial Aid for New House Constructions

The Army Seva Vanitha Unit (ASVU), continuing its welfare initiatives aiming to enhance the living standards of serving soldiers and civil staff, organised a financial donation programme to support the construction of new houses. The event was held at the Army Headquarters on 24 October 2025. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army and Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit, graced the occasion as Chief Guests. During the programme, financial assistance was presented to Corporal Dharmapriya W B of the Sri Lanka Army Ordnance Corps, Corporal Pahalgedara L P of the Gajaba Regiment and Mr. H P Thilakaratne, a civil servant, enabling them to commence the construction of their new houses.



Army Seva Vanitha Unit Inaugurates New Saloon at Diyatalawa



The Army Seva Vanitha Unit (ASVU) inaugurated a newly established salon at the Garrison Shop premises in Diyatalawa on 03 October 2025, aimed at providing services for Army personnel and their families. The inauguration was graced by Mrs. Swendrini Dissanayake, the President of the ASVU, who officially declared open the salon, which is equipped with modern facilities and amenities for the benefit of the public. Following the ceremony, the President of the ASVU engaged in a cordial discussion with the Army staff working at the salon. During her visit to Diyatalawa, the President of the ASVU also inspected the Diyatalawa Virukekulu Pre-School, managed by the ASVU and reviewed the progress of the Yoghurt Project operated by the 8th Battalion, Sri Lanka Army Service Corps, highlighting the Unit's continued commitment to welfare and livelihood initiatives within the Army community.

ASVU Conducts Tailoring Workshop for Spouses of Army Personnel



The Army Seva Vanitha Unit (ASVU) organised a tailoring workshop aimed at providing self-employment opportunities for the spouses of Officers and Other Ranks residing in married quarters, Manning town. The workshop was conducted by Ms. Roshani Anthony and Ms. Neloni Senanayake. Mrs. Swendrini Dissanayake, the President of the ASVU, graced the occasion as the Chief Guest, encouraging participants and emphasising the importance of skills development for economic empowerment. All the participants of the workshop were provided training in tailoring school uniforms.

ASVU Commences Renovation Work at National Hospital for Respiratory Disease in Welisara



The renovation work of the National Hospital for Respiratory Diseases in Welisara commenced on 25 October 2025 under the coordination of Dr. Rasika Perera, the President of the Ministry of Defence Seva Vanitha Unit and guidance of Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit. The President of the Army Seva Vanitha Unit, Dr. Nirmala Yoganathan and Director of the National Hospital for Respiratory Diseases, together with a group of hospital staff members also participated in the event.

Appreciation Programme for War Heroes



A programme to honour War Heroes undergoing residential treatments at the Abhimansala II Wellness Resort in Kamburupitiya was recently held under the guidance of Mrs. Samindi Wickramaratne, the Chairperson of the Commando Regiment Seva Vanitha Branch. The event, held at the Commando Regiment at Centre in Ganemulla, included a tea party and the distribution of essential items to the War Heroes, expressing gratitude for their dedicated service to the nation.

Scholarships Awarded to Outstanding Children

A scholarship awarding ceremony was held on 03 October 2025 at the Regimental Centre of the Military Intelligence Corps under the gracious participation of Major General T N Majeed RSP USP ndc Isc, Colonel Commandant of the Military Intelligence Corps and Mrs. Ilma Majeed, the Chairperson of the Military Intelligence Corps Seva Vanitha Branch. During the event, financial assistance and school supplies were awarded to 25 students who excelled the highest marks in the Grade 5 scholarship in 2024, as well as to one child who obtained 9As in the GCE (Ordinary Level) and another who secured 3As in the GCE (Advanced Level) in the same year, recognising their exceptional academic achievements.



The Corps of Engineer Services Donates a Wheelchair



The Corps of Engineer Services Seva Vanitha Branch donated a wheelchair to a mother suffering from paralysis on 29 of October 2025 at the Panagoda Regimental Centre. The donation was made by Mrs. Anupama Ratnayake, the Chairperson of the Engineer Corps Seva Vanitha Branch.

A Donation for a New Holiday Resort

A donation of Rs. 2,500,000.00 to Other Ranks' Holiday Resort at the 3 Sri Lanka Army Service Corps in Tissawewa was presented to Lieutenant Colonel M M J I Dissanayake USP Lsc, the Commanding Officer of the 3 Sri Lanka Army Service Corps, on 30 September 2025. The ceremony was held under the gracious participation of Mrs. Ajantha De Silva, the Chairperson of the Sri Lanka Army Service Corps Seva Vanitha Branch, in support of welfare initiatives for Army personnel.



Financial Award Presented to Injured Civilian Employee

A financial reward was presented to Mr. G Geeth Udaya Kumara, a civilian employee of the Sri Lanka Army Ordnance Corps, who sustained injuries as a result of three terrorist attacks in 1996 (Paranthan), 1999 (Vavuniya) and 2006 (Muhamalai). The award was conferred during the monthly council meeting at the Sri Lanka Army Ordnance Corps Regimental Centre on 13 October 2025. Mrs. Shirani Nimarleen Wijekoon, the Chairperson of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch, as the Chief Guest, presented the financial donation for the beneficiary.



New Chairperson of SLAGSC- SVB Assumes the Office

Mrs. Nayomini Kusum de Silva assumed duties as the new Chairperson of the Sri Lanka Army General Service Corps Seva Vanitha Branch on an auspicious occasion on 08 October 2025.



School Equipment to Children of a Fallen Soldiers



A programme to provide school equipment kits to eight children of Army personnel who lost their lives in accidents was held on 20 September 2025 under the gracious participation of Mrs. Niroshika Karunapala, the Chairperson of Army Agriculture and Livestock Corps Seva Vanitha Branch. The event organised by the 3 Army Agriculture and Livestock Corps Seva Vanitha Committee was attended by a group of Army Agriculture and Livestock Corps Seva Vanitha Branch members, offering support and encouragement to the families of the fallen soldiers.

Support Extended to a Family of a Soldier with Newborn Twins



A donation programme was held on 29 September 2025 to provide essential infant formula for the twins of Corporal Seneviratne U H G R A P, serving in the 6th Sri Lanka National Guard. The programme was held under the gracious participation of Major General J S B W Pallekumbura RWP RSP ndu psc, the Colonel of the Regiment, Sri Lanka National Guard and Mrs. Kumari Pallekumbura, the Chairperson of the Sri Lanka National Guard Seva Vanitha Branch. The initiative is planned to continue providing support to the family for a period of six months.



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



Soldier's Mental Health

A soldier's uniform is not for everyone, though still there is a human being with emotions behind it. He is devoted to accomplishing the mission, no matter how hard it is. Of course, with a strong and disciplined spirit, he is ready to do it. Yet, behind this immense strength, often lie unseen battles for various mental health-related challenges. Physical wounds are not hard to see and possible to treat with immediate care, however, psychological wounds, such as traumas, depression, addictions, etc., are often covered with silence.

The life of a soldier demands an above-average resilience level. Yes, soldiers are trained to operate under pressure, witness different life-threatening events and act immediately in many circumstances. The decisions and actions which are executed by soldiers can exist in between life and death. The problems begin not immediately but with time. Continuous exposure to any high-stress environment or any hidden, unmanaged problem can lead to severe mental health issues. The initial signals can be sleep disturbances, emotional dysregulation and difficulties in dealing with day-to-day life events, including family life. If the required help is not delivered at the right time, things can become severe and catastrophic, as well-fought elite soldier in a real battle may surrender to his own battle inside his mind.

Addressing these mental health issues will not only create a soldier with super strength but also a soldier with a high-level of resilience. A soldier with awareness of his own mind, his own actions and behaviour will thrive not only within the military context but in his social and family life as well. Therefore, integrating psychological awareness into the training and offering psycho-social support in need is very important to spread mental health awareness among soldiers.

Tips to Strengthen Soldier Mental Health

1. Encourage soldiers to "TALK about mental health"

Creating a culture where soldiers can openly discuss mental health is essential for a resilient and cohesive military community. Mental health awareness programmes should be conducted regularly at the ground level within platoons, companies and Regiments. Officers and Non-Commissioned Officers (NCOs) can be trained to identify early signs of stress, burnout, or depression and encourage soldiers to speak about their experiences without fear of judgment. Peer-to-peer communication platforms or small discussion circles can further normalise conversations about emotions and psychological well-being. By embedding the idea that "talking is strength", rather than weakness, the

stigma around mental health can gradually be broken.

2. Promote Mental Health Support Systems

A robust mental health support system within the military is vital for early intervention, treatment, and long-term resilience. Expanding access to counselling and psychotherapy can significantly reduce the risk of chronic psychological conditions such as PTSD, anxiety and depression. Where there is a shortage of trained therapists, establishing a confidential mental health hotline for tele-counselling can ensure immediate support for soldiers in distress, especially those stationed in remote areas. Furthermore, integrating trained Officers and Senior NCOs in basic psychological first aid can also help them offer initial support before referring soldiers to professionals.

3. Integrate Mindfulness and Relaxation Techniques

Incorporating mindfulness and relaxation techniques into daily military routines can profoundly improve soldiers' mental clarity, emotional stability, and stress management. Simple yet effective methods such as short breathing exercises, guided meditation, or progressive muscle relaxation can be practised before training, after duty hours, or during recovery periods. These techniques help soldiers stay present, focused and composed under pressure, which is crucial in high-stress environments like combat or operational duties. Regular mindfulness practice reduces the production of stress hormones such as cortisol, promoting a calm and balanced state of mind. Group-based mindfulness sessions conducted by trained instructors or chaplains can further strengthen unit cohesion and collective resilience. Moreover, incorporating yoga and physical relaxation drills into physical training schedules can enhance both physical and psychological endurance.

4. Ensure Access to Confidential Counseling

Confidentiality is one of the most critical factors in encouraging soldiers to seek psychological support. Fear of stigma, exposure, or potential career consequences often prevents soldiers from reaching out for help, even when they are struggling. Therefore, it is essential to ensure that mental health counselling within the military is strictly confidential and easily accessible. Counselling services should be available both within military institutions and through external, independent providers to give soldiers a sense of privacy and safety. Appointments can be arranged discreetly, and reports should only be shared on a need-to-know basis with consent from the soldier. Furthermore, leadership must actively promote a message of acceptance, emphasising that seeking help is a responsible and commendable act, not a liability.

5. Promote Work-Life Balance

Sustaining soldiers' mental health also requires recognising the human need for rest, family connection, and recreation. While military service demands discipline and sacrifice, it is equally important to provide structured opportunities for downtime. Allowing soldiers to spend quality time

"Addressing these mental health issues will not only create a soldier with super strength but a soldier with high level of resilience also. A soldier with awareness of his own mind, his own actions and behaviour will thrive not only within the military context but in their social and family lives as well. Therefore, integrating into the psychological awareness into the training and offering psycho social support in need is very important to spread the mental health awareness among soldiers".

with their families, participate in recreational activities, or pursue hobbies outside of duty hours helps them recharge emotionally and mentally. Family bonding, in particular, provides emotional grounding and stability, which are vital for resilience during stressful operations or deployments. Commanders can play a key role by ensuring that leave policies are implemented fairly and that soldiers are encouraged to take their breaks. Organised recreational events, sports tournaments, and outdoor excursions can also serve as effective outlets for stress relief. Additionally, promoting a culture that values rest and recovery prevents burnout and boosts long-term productivity.

As a nation, honouring our soldiers also means protecting their minds as much as their bodies. When we safeguard their mental well-being, we strengthen the very foundation of our armed forces' resilience, unity and courage that extends far beyond the battlefield.



Mr. Dulitha Kasun
Counsellor and Psychologist
MSc in Applied Psychology
(UK), BSc in Psychology,
BA in Social Sciences.

Gambling addiction, also known as compulsive or pathological gambling, is a serious impulse-control disorder that can affect anyone regardless of rank, profession, or background. Within military environments, where stress, separation from family and exposure to high-pressure situations are common, the risk of developing gambling-related problems can be even greater.

Gambling often catches you in the form of entertainment through sports betting, card games, online casinos, lottery tickets ect. It grabs your attention and conditions your interest towards that particular activity without you knowing. The continuous practice gradually turns into a destructive habit.

When gambling becomes an uncontrollable urge, it leads to severe consequences. Affected individuals may continue to gamble whether they are winning or losing, financially stable or in debt and fully aware of the harm it causes to their lives and the lives of their loved ones.

Gambling does not always mean total loss of control. Any gambling behaviour that disrupts one's duties, relationships, financial stability, or mental well-being is considered harmful. Early warning signs include secrecy about gambling activities, lying about losses, borrowing or misusing funds, neglecting work responsibilities, or chasing losses through larger bets.

In extreme cases, individuals may fall into debt or resort to unethical actions such as theft or fraud simply to continue gambling.

This addictive behaviour is often called a "hidden illness" because it shows no physical symptoms.

Many soldiers and Officers suffering from it may appear disciplined on the outside while silently battling guilt, anxiety, or shame inside. Often, they deny the problem, delaying help until serious damage has been done.

Compulsive gambling is frequently linked to other mental health issues such as stress, depression, anxiety, ADHD, bipolar disorder, or substance abuse. Military personnel, especially those who have experienced combat stress, isolation, or financial difficulties, may be more vulnerable. Young service members between 18 and 29 years of age, those living away from family, or individuals with a family history of addiction are at higher risk.

However, the path to recovery begins with acknowledgment. Seeking help is not a sign of weakness but of strength and responsibility. Support is available through military counselling services, chaplaincy, rehabilitation programmes, and family networks. Treating associated issues such as stress or depression is however, essential for complete recovery.

Protecting the integrity of the uniform means safeguarding physical, mental, and moral strength. Recognising and



ARE YOU ADDICTED TO

ONLINE GAMBLING?

addressing gambling addiction early helps protect careers, families, and the honour of military service. With the right support and determination, the addictive behaviour can be controlled.



Captain KVN Lakmali
Army Headquarters



The Psalm of the Hero's Wife

*Upon the moon's first tender rise,
Her memories awake while dreams sleep
The bridal eve, filled with flowers and glee,
Now haunts her soul with longing grief.*

*Beneath the fading lamp, his promises were told,
His hand in hers, both warm and bold
The night prolonged for years unlike others
Hearts united with pulses in the silence of dark.*

*She remembers how he left with the dawn
keeping the promise to her to return soon
In a vacation of 10 days with public leave
filling her heart with hope never fades.*

*Months bent her eyes, but not her will,
She waited by the window hoping he to come
A sudden bugle sighed with a crowd of uniforms
And home he came unlike the day he left.*

*They brought him home wrapping in the flag
His meddles on the chest, spoke his gallant to the crowd
The lines were read and the band played loud
Turning her heart to mourn for the loss.*

*And still at dusk, where shadows fall,
She hears his footstep through the hall
His vows of the night now whisper low,
In the wind so cold where the poppies bloom.*

Captain KVN Lakmali
Army Headquarters

The Hymn of the Day

*Drawn by the hum of bees in flight....
A radiant form, in golden light....
Entwines within a blooming flame....
The lā flower whispering her name.*

*Upon her pure, untarnished skin....
Desire stirs and swells within.
From glowing lips, sweet nectar flows....
The gift that only yearning knows.*

*A sudden verse, strange and divine....
Strikes chords beneath the bounds of time.
The heart, once still, begins to sway....
Stirred by a dream it can't betray.*

*And past and now, and yet-to-be....
Melt in her form, seamlessly.
One trembling pulse, a timeless view....
All life distilled into her hue.*

Major Theekshana Rathmalawinna
Army Headquarters





MANAGEMENT

In simple terms, management is the process of planning, organising, leading, and controlling the resources of an organisation (like people, money and materials) to achieve specific goals effectively and efficiently.

Essentially, management is the force that coordinates all the resources of an organisation to accomplish its objectives.

Here's a breakdown of its key functions:

- I. Planning:** This involves setting goals and deciding on the best course of action to achieve them. It's about looking ahead and preparing for future.
- II. Organising:** This is the process of arranging resources and tasks to carry out the plan. It includes creating a structure for the organisation and assigning responsibilities to employees.
- III. Leading (or Directing):** This involves motivating, influencing and guiding employees to work towards the organisation's goals. It requires strong communication and leadership skills.
- IV. Controlling:** This function involves monitoring the organisation's performance to ensure that it is on track to meet its goals. If there are deviations from the plan, corrective actions are taken.



Characteristics of Management:

This refers to the fundamental features that define what management is. Here are the key characteristics that form its identity.

I. Management is a goal-oriented process.

- The primary purpose of management is to achieve specific organisational goals. All management activities, from planning to controlling, are directed towards accomplishing these predetermined objectives.

II. Management is Universal (or Pervasive).

- Management is not confined to business organisations. It is an essential element in all types of organised efforts, including political, social, religious, and educational institutions. Its principles are applicable everywhere.

III. Management is a Continuous Process.

- Management is not a one-time activity. It is an ongoing cycle of functions planning, organising, leading, and controlling. These functions are performed continuously and simultaneously by all managers.

IV. Management is a Group Activity.

- It involves working with and through people to achieve goals. Management unites the efforts of different individuals in the organisation and directs them towards a common purpose. It cannot be performed in isolation.

V. Management is a Dynamic Function.

- An organisation operates in a constantly changing environment (social, economic, technological, political). Effective management must be dynamic and flexible to adapt its goals, plans, and actions to these changes to ensure survival and growth.

VI. Management is an Intangible Force.

- You cannot see or touch management. However, its presence can be felt through the results of the organisation: orderliness, efficiency, high employee morale, and the achievement of goals. Similarly, the absence of good management is evident through chaos and inefficiency.

VII. Management is Multidimensional.

- Management is a complex activity with three main dimensions:
- Management of Work: All organisations exist to perform some work (e.g., producing goods, providing services). Management translates this work into goals and finds ways to achieve them.
- Management of People: An organisation's greatest asset is its people. Management involves getting things done through others, which includes motivating, leading, and developing employees.
- Management of Operations: This involves managing the process of converting inputs (materials, labour) into the desired outputs (goods, services).

In essence, the identity of management is that of a universal, goal-driven, and continuous process that coordinates group efforts in a dynamic environment to achieve organisational objectives.

THE 5Ms

ADVERTISING
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I. Manpower (Human Resources)

- **Description:** This refers to the people involved in the process. It includes their skills, knowledge, experience, training, and motivation. Effective management of manpower is crucial, as it is the human element that operates and controls all other resources.

II. Machines (Equipment & Technology)

- **Description:** This includes all the tools, equipment, technology, and machinery necessary to perform the work. It covers everything from simple hand tools to complex computer systems and factory machines. Proper maintenance and upgrading of machines are vital for efficiency and quality.

III. Materials (Raw Materials & Consumables)

- **Description:** This category includes the raw materials, components, and consumable supplies that are transformed into the final product or used up during the service delivery process. The quality and management of materials directly impact the quality of the output.

IV. Methods (Processes & Procedures)

- **Description:** This refers to the specific processes, procedures, and workflows followed to complete a task. It is the "how" of the operation. Well-defined, standardised, and efficient methods ensure consistency, safety, and quality.

V. Money (Financial Resources)

- **Description:** This represents the financial capital required to run the operation. It includes investment, working capital, budgets, and profits. Money is the resource that enables the acquisition and maintenance of the other 4Ms.

Functions of Management:



- I. Planning
- II. Organising
- III. Directing
- IV. Controlling

I. Planning

- **What it is:** This is the primary function. It involves deciding in advance what to do, how to do it, when to do it, and who is to do it. It bridges the gap from where the organisation is to where it wants to be.
- **Key Activities:** Setting goals and objectives, developing strategies, formulating policies and procedures and creating budgets.

II. Organising

- **What it is:** Once the plan is made, this function involves arranging and structuring the resources (like the 5Ms we discussed) to carry out the plan. It's about creating a framework for action.
- **Key Activities:** Identifying tasks, grouping jobs, assigning duties and responsibilities, establishing authority (creating an organisational chart), and allocating resources.

III. Directing / Leading

- **What it is:** This is the human-focused function. It involves guiding, motivating,

supervising, and communicating with employees to achieve the set goals. Modern management often calls this "leading" because it emphasises influence rather than just command.

- **Key Activities:** Leadership, communication, motivation and supervision.

IV. Controlling

- **What it is:** This function ensures that performance conforms to the plans. It involves monitoring results, comparing them with the standards set during the planning phase, and taking corrective action if there are any deviations.
- **Key Activities:** Establishing standards of performance, measuring actual performance, comparing it against the standards, and taking corrective actions.



WO II Senarathna GC
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GAINING THE STRENGTH THROUGH PRANAYAMA

In the demanding life of a soldier, physical endurance, mental clarity and emotional balance are paramount. In the modern days, where time is challenged, doing physical exercise for a prolonged period is fairly difficult with the busy schedules. However, the ancient practice has an answer for the question. That is none other than Pranayama, the art and science of controlling breathing. The term is derived from Sanskrit and accordingly, “Prana” means life force or vital energy, while “Ayama” means control or expansion. Together, Pranayama signifies the conscious regulation of breath to strengthen both body and mind.

The importance of Pranayama for an individual cannot be underestimated. In high-pressure scenarios, controlled breathing stabilises the nervous system, reduces stress and sharpens focus. It improves lung capacity, enhances oxygenation of blood and boosts overall stamina. Mentally, it cultivates alertness, resilience, and the ability to respond calmly under extreme conditions.

There are several practical Pranayama techniques that can be incorporated into daily routines.

Nadi Shodhana (Alternate Nostril Breathing): Nadi Shodhana is a pranayama technique in which a person alternately breathes through the left and right nostrils while keeping the other nostril closed. “Nadi” means energy channel, and “Shodhana” means purification. Doing the Nadi Shodhana balances the nervous system, calms the mind, and improves focus, making it ideal before missions or intense training.

Bhramari (Bee Breath): Bhramari is a pranayama technique in which a gentle humming sound, similar to the buzzing of

a bee, is produced during exhalation. The word “Bhramari” comes from the Sanskrit term for “bee”. Doing Bhramari produces a humming sound during exhalation, reducing anxiety and fostering mental clarity.

Kapalabhati (Skull-Shining Breath): Kapalabhati is a dynamic pranayama practice involving short, forceful exhalations followed by passive inhalations. The term “Kapalabhati” comes from Sanskrit, where “Kapala” means skull and “Bhati” means shining effect on the mind and body. Doing Kapalabhati energises the body, strengthens respiratory muscles, and improves oxygen supply.

Anulom Vilom: Anulom Vilom is a pranayama practice in which the breath is alternately inhaled and exhaled through the nostrils in a controlled manner, without force. The term “Anulom” means “with the natural flow,” and “Vilom” means “against the natural flow,” reflecting the balanced pattern of breathing. The practice enhances lung efficiency and mental equilibrium.

Integrating these practices into the daily routine equips soldiers with a natural tool to manage stress, maintain composure and help to enhance performance. Like physical drills strengthen the body, Pranayama strengthens the mind and spirit. By dedicating even a few minutes each day, any personnel can harness the power of breath, cultivating endurance, focus, and inner calm which is a critical weapon in their arsenal.



Captain KVN Lakmali
Army Headquarters

Glimpse of Social Isolation

As human beings, most of our activities are interconnected and interrelated. Even our daily routines and behaviours have changed; generally, people tend to stay together or connected, which has many positive impacts on day-to-day lives. According to the findings of various experiments, the need for human connection is essential for better mental and physical health.

According to the World Health Organisation, "Globally, 1 in 6 people (around 16%) experience loneliness. However, figures vary, with other reports suggesting approximately 24% of the global population feel lonely. Also, loneliness is particularly high in low-income countries and specially among young and older people."

Even in the present day, Sri Lanka continues to face the same issue.

Scientifically, the human brain needs to stay connected to generate healthy hormones for mental and physical well-being. It says that when we're inactive socially, it has a long-term impact; however, this is particularly true for a person who has been socially isolated for a long time.

The term social isolation itself implies a complete absence of social interactions. Sometimes, when we're in trouble, we think that being alone is safe and a cure. The answer is no, that is not acceptable for a better life. We need social interactions to stimulate our mental and physical functions. Being too isolated socially can lead

to a series of adverse changes in individuals' thoughts, feelings and behaviour, ultimately affecting their physical health.

We need to know relationship between social isolation and mental health

The individual with high social networks is less at risk of depression than individuals with solid social deficiency and emotional care.

The individuals with less social networking are found experiencing of grabbing extended levels of stress, especially work-related, are more likely to misuse drugs and alcohol, and have lower satisfaction with their lives.

There is an interrelated bond that can be seen between mental health and social isolation. Isolation can similarly lead to deviations in the mind that might contribute to the beginning of a mental health issue. Similarly, having fewer social connections makes it more challenging for individuals during stressful situations, negotiations, and role-playing.

Similarly, social connections play a supportive role in human lives, particularly in facilitating discussions, sharing experiences, finding solutions, reducing stress and distress, and empowering each other with a sense of togetherness and belonging.



Why do People tend to be isolated socially?

It is important to know that There are many reasons behind it, including social, psychological and sometimes physical factors.

The gene factor

Sometimes heredity impacts social isolation, but not as an individual; it jointly affects the individual's personality (introvert).

Discrimination

Discrimination is a vital factor in social isolation. Hence, this can be identified through mental, political economical ,physical, verbal and social aspects, among others.

Low self-esteem

Individuals with low self-esteem tend to isolate themselves socially because they often feel they have to play a role in an unfavourable situation, which can lead to social isolation.

Resource inequality

This factor significantly influences human choices; therefore, scarcity leads to isolation, making it difficult for them to stay connected. Examples of high-technology-based learning systems are available to school students, but there are also less facilitated sources that exist.

Social injustice

When individuals or groups feel underprivileged, they often turn away from linked communities.

Ageing

With different biochemical changes in ageing, people tend to be isolated.

Psychological effects

Anxiety, stress, depression, dementia, and zeshperphenia-like disorders also impact people.

Digitalisation

This is the new trend of isolation,

resulting from the overuse of digital devices connected to the internet, which unknowingly isolates people.

Traumatic experiences

Examples include abuses, accidents, social interactions, verbal or physical arguments or contacts.

Why are people not able to manage this feeling of being isolated from society?

There are many reasons behind this. However, the following can be considered vital factors.

Lack of social support

Social support can reduce long-term lines, which may lead

Lack of guidance

Due to unawareness of the surrounding people and difficulty in giving guidances.

Lack of coping strategies

Most individuals show an unavailability of coping skills or strategies during social isolation.

Lack of knowledge and exposure

Unawareness of reality's facts and figures indicates an inability to manage.

Traditionalism

Traditional thinking, like stereotypes, causes immovable thoughts, feelings, and behaviours in individuals.

What are the signs of social isolation?

Stay away from social activities or events that they generally participate in

Spending a lot of time alone during the day with little to no human interaction.

No one available for your support, advice, or at least to listen to,not contacting others, even texts, video calls, calls, etc.

Not engaging in active relationships, even with loved ones, family members, friends, or coworkers.

Seems low energetic or sad, even no one cares

Hypersensitivity to environmental stimuli

What is the link between social isolation vs. loneliness

It is significant to identify, however, that while linked, there is a difference between social isolation and loneliness.

Social isolation and loneliness are different but can occur together.

A simple feeling of loneliness can develop to social isolation, which in turn can cause severe social isolation (withdrawal from others to get satisfaction).

What are the outcomes of social isolation?

- Antisocial behaviours.
- Thoughts, feelings, and behaviours like serial killers, hidden attackers, etc.
- Inactive personalities.
- Individuals living without connections.
- Behaviours based on fantasies.
- People live with personal fantasies
- Unpredictable social conflicts.
- Depression and anxiety.
- Cardiovascular issues.
- According to some findings, social isolation increases the risk of heart disease and stroke.
- Suicidal thoughts etc.
- Isolation can lead to thoughts of self-harm and suicide.
- Emotional instability.
- Changes in mood over a

shorter period and an inability to control emotions can lead people to isolate themselves from society.

- Substance abuse.
- To have solutions, some individuals tend to use substances as a pleasure and a temporary solution.
- Low or no self-esteem.
- Lack of motivation or the inability to cope with distress.

Changes in brain functions

Due to different brain chemical changes (unusual).

Technology or digitally addicted lifestyles.

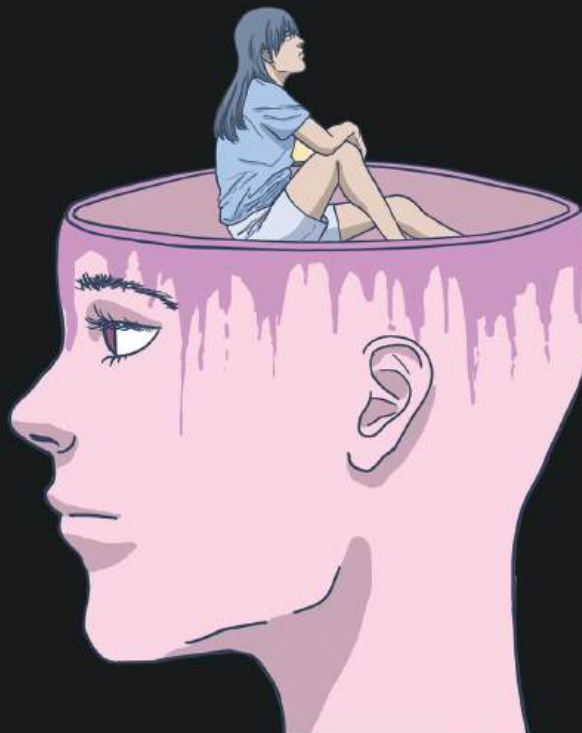
What can we do?

We can do the following to avoid social isolation or help someone in need,

- Ask for help to assist someone in need.
- Go for professional support.
- Adopt a pet.
- Join a support group.
- Click or dial support lines.
- Relocation.
- Avoid negativity.

Finally,

Social isolation recognised as one of the emerging issues of human health sector, especially in mental health causes physiological changes. Therefore, we need to understand the context and care about ourselves and help others to cure or empower.



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The Silent Cornerstone of Soldier's Life

Behind every soldier who stands tall in defence of the nation, there exists a silent shadow who is called his wife. She may not march in parades, wear a uniform, or carry a weapon, but her strength is no less heroic. Her battlefield lies within the walls of her home, where courage takes the form of endurance and sacrifice wears the face of love. The story of the soldier's wife is not frequently written in history books, yet it is reflected in the quiet moments of waiting.

The life of the soldier's wife is no more similar to others. From the moment she becomes a soldier's wife, she endures a huge responsibility. She learns how to manage single days while her friends are having fun and company. She learns to say goodbye with grace while others cry aloud. She learns to manage household affairs alone, bring kids to and from school and filling out forms, including the duties of her husband. There are days she stands at the doorstep watching him disappear, when duty takes precedence over personal comfort.

Her days turn into months, sometimes years, of waiting. The soldier's wife often lives between hope and uncertainty,

between longing and strength. Every phone call, SMS or letter becomes a lifeline, every message from the front a breath of relief. Yet, she learns to live independently, to manage life in his absence with quiet dignity. She raises their children, repairs what breaks and shoulders responsibilities that were once shared. Her home may lack his presence, but it never lacks his spirit, courage and love.

What makes her remarkable is her incredible patience. She learns to celebrate alone, to endure festivals without him, to face life's trials with greater patience. The laughter of children, the ticking clock, the empty plate at dinner remind her of his absence. She knows her strength gives him strength. While the soldier fights battles in distant lands, she fights her own specially against loneliness, fear and the haunting uncertainty of tomorrow.

There are nights when she wakes to the sound of her own thoughts, wondering if he is safe. Yet, instead of succumbing to despair, she finds solace in prayer. She may recall her memories yet with courage to move ahead keeping her head high. Her love is not defined by perseverance. It takes a rare heart to love a soldier, for she must be brave enough to let him go every time duty calls.

The world often sees the soldier's medals, but not the tears she hides. Her sacrifices are invisible, the missed birthdays, the unshared milestones such as childbirths, the countless nights are some of them. Some soldier's wives endure the greatest heartbreak of all when the man they love returns home wrapped in the national flag. Their grief is immeasurable, yet they carry dignity that humbles the bravest of men. They know that their husbands have become immortal through service and in that belief, they find peace.

The courage of a soldier's wife lies not in the absence of fear, but in her ability to face it. She represents the strength of every woman who silently upholds the spirit of service. Her sacrifices remind the world that freedom is not only earned by those on the battlefield but also by those who wait at home with unwavering faith.

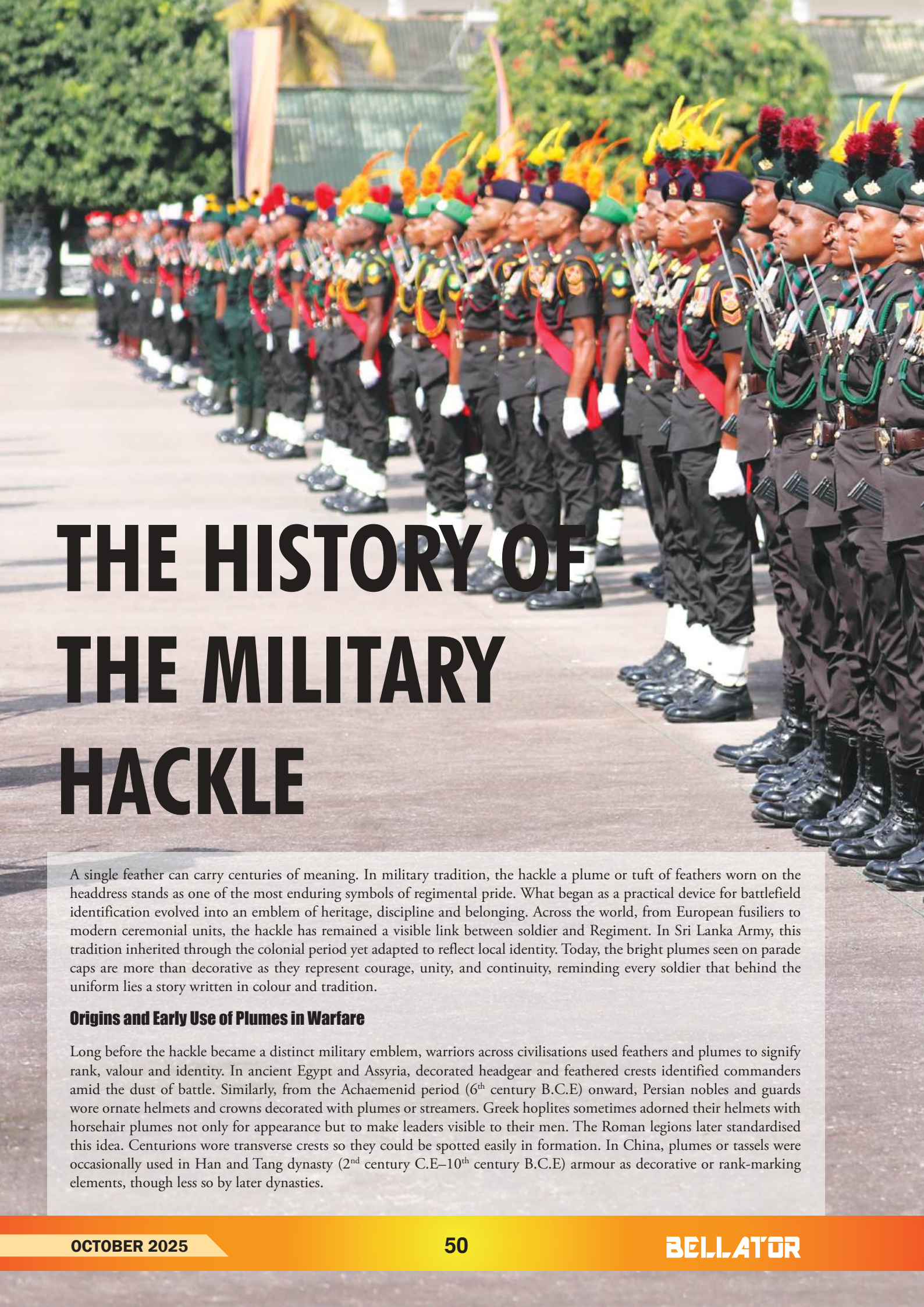
In every soldier's success, her patience sustains him, her prayers protect him and her love fuels his bravery. Without her, the soldier's story would be incomplete.

As citizens, when we salute the soldier, we must also salute the woman who stands behind him. Her courage is gentle, her devotion is priceless. She is the quiet flame that keeps the light of duty in the darkest nights.

People may think that a soldier's wife is merely a companion. Surprisingly not! She is a symbol of sacrifice, strength and unwavering patriotism. She lives a life of grace under pressure, and of hope without certainty. In her, you find the truest reflection of heroism.



Captain KVN Lakmali
Army Headquarters



THE HISTORY OF THE MILITARY HACKLE

A single feather can carry centuries of meaning. In military tradition, the hackle a plume or tuft of feathers worn on the headdress stands as one of the most enduring symbols of regimental pride. What began as a practical device for battlefield identification evolved into an emblem of heritage, discipline and belonging. Across the world, from European fusiliers to modern ceremonial units, the hackle has remained a visible link between soldier and Regiment. In Sri Lanka Army, this tradition inherited through the colonial period yet adapted to reflect local identity. Today, the bright plumes seen on parade caps are more than decorative as they represent courage, unity, and continuity, reminding every soldier that behind the uniform lies a story written in colour and tradition.

Origins and Early Use of Plumes in Warfare

Long before the hackle became a distinct military emblem, warriors across civilisations used feathers and plumes to signify rank, valour and identity. In ancient Egypt and Assyria, decorated headgear and feathered crests identified commanders amid the dust of battle. Similarly, from the Achaemenid period (6th century B.C.E) onward, Persian nobles and guards wore ornate helmets and crowns decorated with plumes or streamers. Greek hoplites sometimes adorned their helmets with horsehair plumes not only for appearance but to make leaders visible to their men. The Roman legions later standardised this idea. Centurions wore transverse crests so they could be spotted easily in formation. In China, plumes or tassels were occasionally used in Han and Tang dynasty (2nd century C.E–10th century B.C.E) armour as decorative or rank-marking elements, though less so by later dynasties.



After the fall of the Western Roman Empire (5th century C.E), the Byzantine or Eastern Roman Empire continued the Roman emphasis on visual hierarchy in military appearance. Early Byzantine troops (6th–9th centuries) used helmets with horsehair plumes or metal crests, a continuation of late Roman style. The Strategikon (6th century) and later manuals advised that Officers should be “conspicuous to their men,” underscoring the role of visible insignia. By the 10th–12th centuries, the heavy cavalry (kataphraktoi) of Byzantium wore lamellar armour with helmets that sometimes featured plume sockets or ornamental tufts. In court and ceremonial contexts, feathered or jewelled headpieces especially among the Varangian Guard and Tagmata became marks of status, blending Roman tradition with Eastern luxury.

During the Middle Ages, knights and nobles carried on the custom. Plumes became symbols of lineage and heraldry, proudly displayed on helmets in battle and tournaments. Colours and shapes identified families and allegiances, transforming practical decoration into expressions of prestige. By the Renaissance, feathers were no longer mere ornaments but visible extensions of honour. In the 16th and 17th centuries, plumes were widely used on morion helmets and cabassets worn by pikemen, musketeers, and Officers across Europe. Large ostrich or heron feathers helped distinguish Officers or elite units. The flamboyant Landsknechts of Germany (16th century) famously wore bright feathers and ribbons as part of their uniforms, while cavalry units such as cuirassiers and dragoons used horsehair crests or feathered plumes precursors to the later hackle.

Outside Europe: Parallel or Independent Traditions

Similar uses of feathered insignia appeared across the world. In Mesoamerica and the Andes, feathers symbolised a sacred connection between the warrior and the divine. For the Aztecs (14th–16th centuries), they were emblems of rank, courage, and divine favour. Elite Eagle and Jaguar warriors wore elaborate headdresses and capes made from quetzal, macaw, or heron feathers each colour and pattern marking valour and status. Specialised guilds of feather-workers (amanteca) crafted these regalia for military and ceremonial use. These examples developed entirely independently of Eurasia yet reveal a universal truth: across cultures, feathers became enduring symbols of power, honour and identity.

From the 7th century CE onwards, the Islamic-era Persian empires (Seljuk, Safavid, Qajar) carried forward the tradition, blending feathers, jewels, and turbans. During the Safavid and Qajar periods (16th–19th centuries), such adornments became courtly symbols of rank more than battlefield identifiers. In Mughal India (16th–18th centuries), commanders and cavalry Officers wore the kalgi - a jewelled or feathered plume affixed to the turban signifying authority and valour. The Qing military of China (17th–19th centuries) used peacock feathers on Officers’ hats the so-called “flower plume rank” serving a similar purpose.

Across Asia, feathers retained their prestige as visual symbols of rank and valour, even where they no longer served practical battlefield roles. In Sri Lanka, there is limited evidence of feathers being used as formal insignia. However, Kandyan chieftains and royal guards often wore ornate headdresses adorned with feathers, jewels, or cloth streamers, mainly for ceremonial display.

These can be viewed as analogous precursors to hackles symbols of status rather than formal regimental identity. Meanwhile, farther west, new military powers were transforming the visual language of the battlefield through their own feathered emblems.

The Ottoman Connection and the Rise of the Hussars

In the Ottoman Empire (14th–19th centuries), elite Janissaries and sipahis wore feathered ornaments or aigrettes (*sorguç*) attached to turbans or helmets, denoting rank and valour. Ottoman military style profoundly influenced Eastern Europe and the Balkans particularly through the rise of the hussars. The earliest hussars originated in the Balkans, likely among Serbian light cavalry who entered service with the Hungarian army after the Ottoman expansion into southeastern Europe. These troops adopted Ottoman and Balkan traits curved sabres, ornate uniforms, and feathered headgear. By the 16th century, Hungarian hussars had become regular units in European armies. Their exotic, colorful dress including plumed caps and winged armour-captured continental imagination and reshaped European military fashion. Through them, Ottoman influence blended with Balkan tradition flowed into Western Europe, where feathers became synonymous with daring cavalry and martial prestige.

By the 17th century, France, Austria, and Britain had formed their own hussar-style Regiments, complete with flamboyant plumes and cords. From this point, the feather plume evolved from a battlefield flourish into a standard military accessory and later, as headgear became smaller (*shako*, *busby*, *bonnet*), into the more compact hackle.

Thus, while the term hackle was not yet in use, the idea of a feathered identifier was well established. The transition from grand plumes to narrow hackles marked both a change in fashion and a refinement of military symbolism.

The Birth of the Hackle in European Armies

The hackle, as recognised today, emerged in 18th-century Europe, when military uniforms became powerful expressions of national and regimental identity. Feathers and coloured plumes once signs of personal valour were standardised as unit distinctions. Among the first adopters were the Fusilier Regiments of the British Army, originally formed to guard artillery pieces. Their narrow plumes or “hackles” marked their elite role. By the late 1700s, unique hackle colours distinguished regiments across the Army: the Royal Scots Fusiliers, Royal Welch Fusiliers, and Northumberland Fusiliers all carried distinctive plumes that became enduring emblems of pride. The word hackle likely derives from the Scots *heckle*, meaning a tuft or crest of feathers.

Other European forces followed the trend. French and Austrian units incorporated plumes of varying shapes and colours into their shakos, while Napoleonic soldiers used tall, coloured feathers to signal rank and *esprit de corps*. The hackle thus evolved from decoration to distinction a small but unmistakable symbol linking soldiers to their Regiment’s history, honour, and unity.

By the close of the 18th century, the feather had completed its long journey from personal emblem to regimental system. What once marked individual courage now identified entire units. Across Europe, plumes and hackles became regulated distinctions of colour and form expressions not only of rank but of shared history and *esprit de corps*. As European armies marched beyond their borders during the age of empire, they carried these vibrant symbols with them, spreading the hackle’s legacy across continents.

Colonial Expansion and the Global Spread of the Hackle

As European empires expanded during the 18th and 19th centuries, their military traditions travelled with them. The hackle, by then a fixture of regimental dress, became part of the global military aesthetic through British, French, and other colonial forces.



In the British Empire, the hackle became especially prominent. Regiments stationed across India, Africa, and the Far East retained their distinctive hackle colors as proud symbols of heritage. Indian soldiers serving in British units particularly in the Bengal, Bombay and Madras Armies adopted these uniform features, creating a blend of local and imperial military culture. By the late 19th century, Indian Regiments began wearing their own coloured plumes or hackles, adapted to tropical uniforms and local materials.

In Ceylon (modern Sri Lanka), the tradition arrived through British colonial rule and the establishment of volunteer and auxiliary units. The Ceylon Light Infantry Volunteers, founded in the 19th century, and later the Ceylon Defence Force, mirrored the dress customs of their British counterparts. Ceremonial

plumes and hackles appeared on dress caps and helmets, symbolising loyalty, distinction, and regimental pride. Even after independence, the Sri Lanka Army retained the hackle as part of its ceremonial identity especially within Infantry and Volunteer Regiments where it continues to denote both heritage and esprit de corps.



Modern Symbolism and Regimental Traditions

Through empire, the hackle became more than a European flourish. It became a global emblem of military identity. In the modern era, the hackle has outlived its practical origins but not its purpose. Though no longer used for battlefield identification, it remains a vital emblem of regimental pride, discipline and continuity. Each colour tells a story, linking present-day soldiers with their predecessors.

Across the Commonwealth and beyond, hackles continue to define unit identity from the red-over-white plume of the Royal Regiment of Fusiliers and the white hackle of the Royal Welch Fusiliers to the green of the Irish Regiments, symbols of national heritage and valor. In Canada, Australia and India, local forces adapted these symbols, pairing traditional hackles with distinctive national insignia to express both shared history and independence.

In Sri Lanka, the hackle continues to play a prominent ceremonial role. It is worn proudly on the headdress of infantry, volunteer and ceremonial units each colour reflecting the Regiment's unique identity and tradition. For instance, the Sri Lanka Light Infantry wears a red hackle and the Gemunu Watch a maroon one; both descended from colonial volunteer formations as they preserve this feature as part of their full dress. At parades and state functions, these bright plumes are more than decorative they signify honour, belonging, and unity within the ranks.

From its origins as a simple plume of feathers to its place today as a mark of ceremony and honour, the hackle's story mirrors the evolution of military identity itself. Once a bright banner of courage in the smoke of battle, it now endures as a symbol of heritage, unity and discipline. Across centuries and continents from imperial courts and Cavalry Regiments to the proud ranks of the Sri Lanka Army the hackle reminds us that tradition is not merely worn on the uniform, but carried in the spirit of those who serve.

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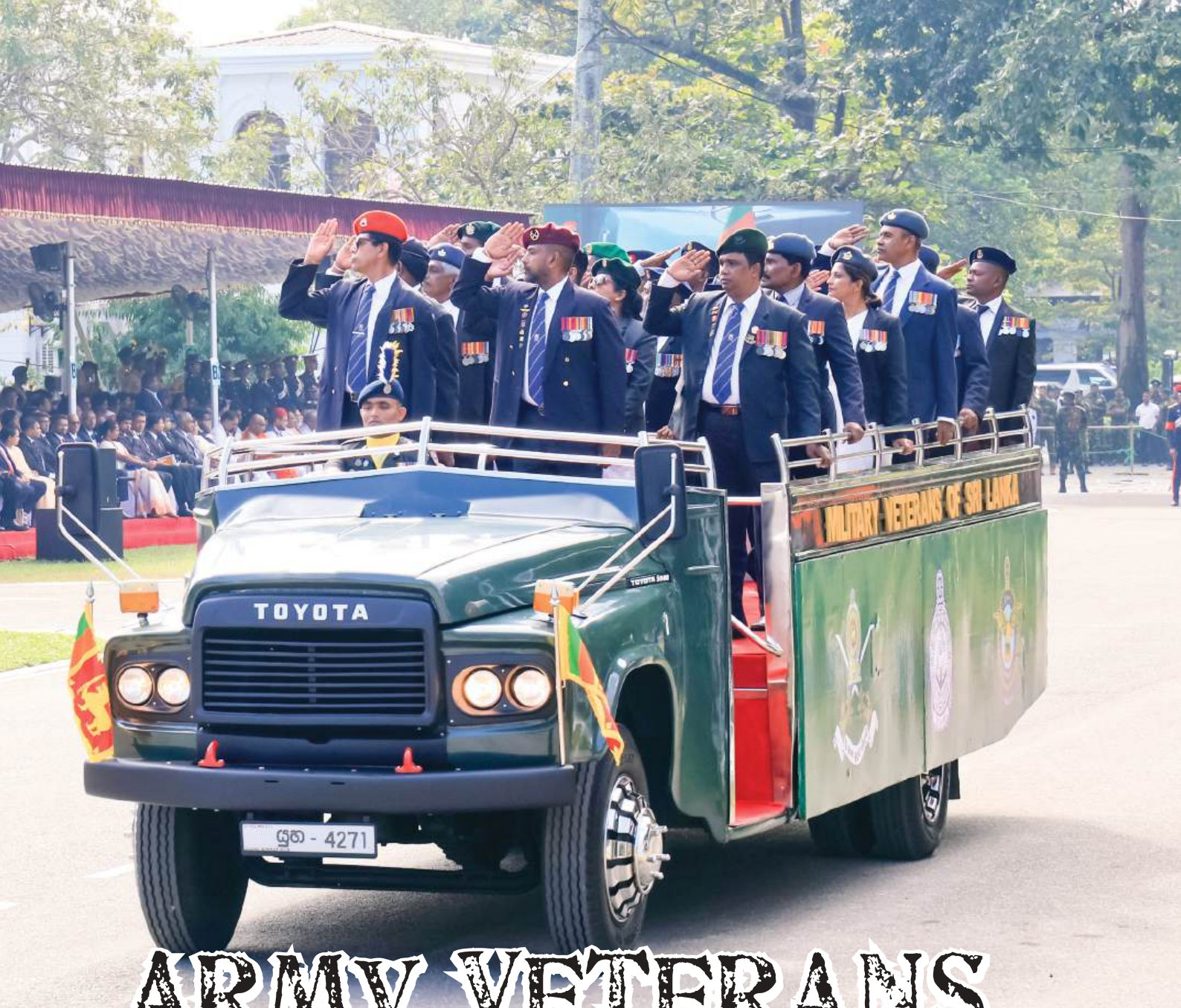
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Keido Kurberg



ARMY VETERANS

In every nation, there exists a group of men and women whose courage, sacrifice and discipline become the foundation of its freedom and sovereignty. In Sri Lanka, that honour belongs to none other than Sri Lanka Army Veterans - the heroes who once stood at the frontlines of war and now continue to serve in peace at their retirement. Their legacy, built on the finest examples of courage, valour and patriotism, leaves a fruitful pathway for future generations yet to come.

Who are They?

Sri Lanka Army Veterans are retired Officers and soldiers who have

The Silent Pillars of a Nation's Strength

completed years of dedicated service in defending the nation's sovereignty and territorial integrity. They represent every rank, background and province and every corner of the country and gathered for a common purpose, mission and a single dream for the nation's well - being. Their unwavering loyalty to the motherland is the grounding rule other than

anything. These veterans are not just former soldiers per se, they are living legacies of courage, discipline and commitment. Today many veterans have retired from active service and still in their active service for the nation through meaningful community engagements, extending their skills and experience for the well - being of civilian lives, disaster relief,

education and social upliftment.

Their Service to the Nation

Throughout decades of conflict and peacekeeping, Sri Lanka Army personnel served with bravery. The veterans, now beyond their years in military, remain active in national development efforts. They play a vital role in supporting post-war reconciliation, infrastructure rebuilding, and humanitarian assistance. Even after hanging up their uniforms, they stand ready to serve. Their involvement in public welfare activities ranges from agricultural assistance to health care programmes reflecting their continued commitment to national progress.

Further, the Army veterans are the custodians of experience and moral strength. Their lives are a living proof of endurance, teamwork and leadership under pressure. In times when societies are rapidly changing, their values and exemplary service remind us of the importance of loyalty, sacrifice and service to the motherland even after the retirement. They also fill the gap between the military and civilian communities, promoting understanding and a spirit of service among the people. Thus the nation's gratitude towards them is not due just for their past heroism but for their continuing contribution and service for the community

development.

Lessons for the Youth

There are many lessons for the younger generation to learn from these veterans. Their discipline teaches the value of consistency. Their courage illustrates that hardship can be overcome with determination. Their humility reflects the true meaning of service before self. In an era often defined by comfort and convenience, veterans adhere to the timeless virtues of endurance, teamwork, and patriotism. By interacting with them or participating in their community projects, youth can cultivate leadership qualities and a strong sense of national duty.

A shining example of veterans' continued service is seen in various aspects such as the multi-purpose medical camps, donations, destitution programmes, scholarships, housing projects and service projects organised by the Sri Lanka Army across the island. These events are often conducted with the participation of retired Army personnel, providing essential services for the community such as free medical check-ups, eye clinics, dental care and health awareness programmes to rural and underserved communities in the society. Therefore, taking care of these veterans those who served the nation for years is a must. Medical Camps

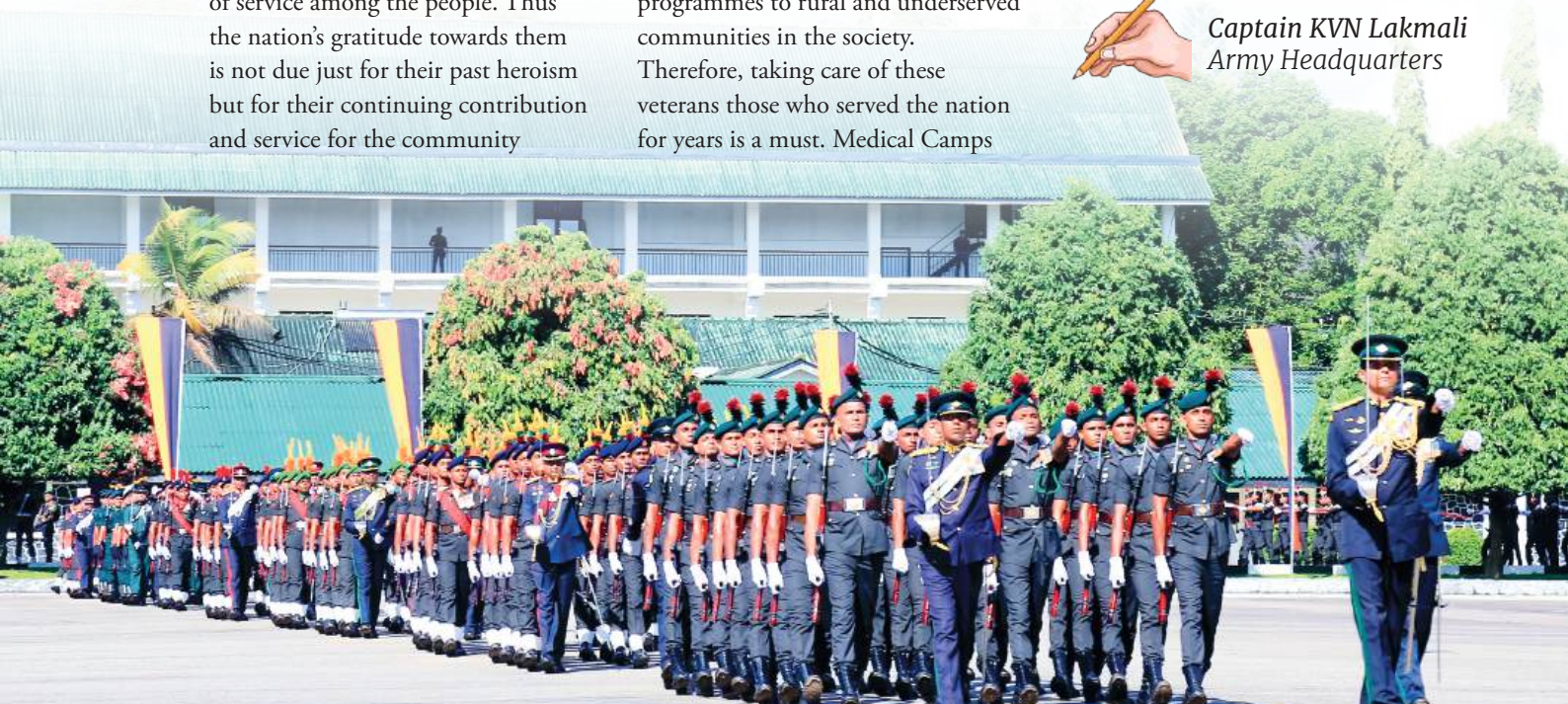
organised for the veterans by the Sri Lanka Army across the island for differently-abled and retired Army personnel under the directives of the Commander of the Army is the finest example for that.

Further, the veterans continue to play a crucial role in mentoring young Officers, supporting the welfare of 'War Heroes' families, while contributing to post-conflict harmony. Through their involvement in rehabilitation programmes, environmental projects, and community development initiatives, they remind the nation that the spirit of service does not end with retirement. They have become living textbooks of patriotism and perseverance. Their selfless dedication to duty both in war and in peace illustrates that defending a nation is not just about carrying arms, but also about healing, guiding and rebuilding.

Sri Lanka Army Veterans are far more than symbols of the service. They are living forces shaping the nation's present and future. Their courage, service, and humanity continue to inspire the nation reminding us that the duty of a true soldier never fades after retirement.



Captain KVN Lakmali
Army Headquarters





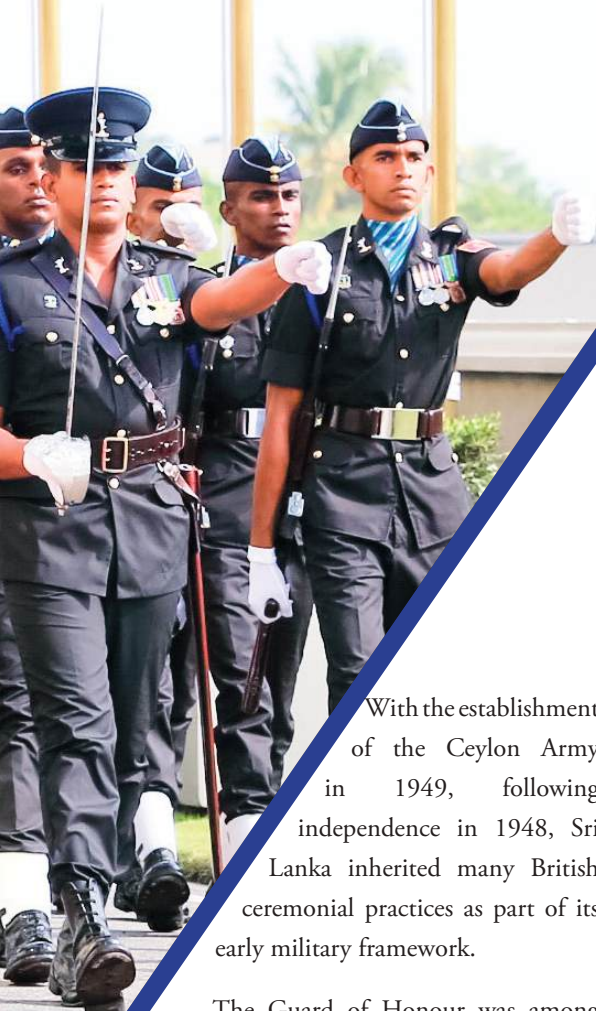
An Overview of the Sri Lanka Army

Guard of Honour

The Guard of Honour is one of the most dignified and ceremonious military traditions of the Sri Lanka Army, which symbolises respect, discipline and pride. It is a formal parade mounted to honour a distinguished personality such as the President of the Republic of Sri Lanka, Foreign Sovereign, President of Republics/States, State Councils, Prime Minister of Sri Lanka, Deputy Heads of foreign states, foreign Prime Ministers and foreign heads of governments, Commander of the Army, Commander of the Navy, Commander of the Air Force and Foreign General Officers and equivalent and Senior Army Officers in or above the rank of Major Generals during their official visits, state ceremonies or special occasions. The precision and grandeur of this ceremonial display reflect the professionalism, unity and deep-rooted military customs.

Origin and Significance

The tradition of the Guard of Honour has its roots in ancient military customs practised by early civilisations such as Greece, Rome, Egypt and Persia. In these societies, elite warriors were selected to form ceremonial formations to pay respect to rulers, victorious commanders and foreign envoys. These early honour guards symbolised loyalty, protection and the prestige of the state or empire they represented. As military structures evolved in Europe, ceremonial drill became more refined, particularly within the armies of France and Britain, where honour guards developed into highly formalised units trained in precision, discipline and pageantry. During the expansion of the British Empire, these ceremonial traditions spread across its global territories. British military customs, including the Guard of Honour, became standard practice in colonial administrations, where they were used to receive governors, royalty and distinguished foreign visitors. The emphasis on immaculate turnout, synchronised drill movements and strict command structures became defining features of the honour guard tradition.



Airport or the Presidential Secretariat.

National Ceremonies

During events such as Independence Day, Army Day, or Victory Day (19th May), the Guard of Honour is presented to the President or Commander of the Army.

Military Ceremonies

When a new Commander of the Army assumes duties, or when a retiring Commander of Security Forces who is in his prime rank of Major General takes leave, a ceremonial Guard of Honour is held in honour for them by the troops.

Special Visits

Distinguished military leaders or defence officials from friendly nations are often received with this formal military salute.

Guard of Honour for the President of the Republic and Foreign Sovereigns

A Guard of Honour mounted for the President of the Republic of Sri Lanka or a visiting of a foreign sovereign, president of republics/states or state council (the President's colour is carried only if he is present) as the highest form of military courtesy and ceremonial precision.

A Guard of Honour on such an occasion is commanded by a Major or equivalent two junior Officers, (one of whom bears the President's Colour when applicable and included with one hundred rank and a proportion of Warrant Officers and Senior Non-Commissioned Officers.

In the case of foreign sovereigns, presidents, or state dignitaries, the Guard of Honour serves as a

distinguished gesture of respect extended on behalf of the Republic of Sri Lanka. When mounted for State Councils, the President's Colour is carried only in the presence of the President.

Guard of Honour for the Prime Minister and Foreign Heads of Government

A Guard of Honour, mounted for the Prime Minister of Sri Lanka or visiting foreign Prime Ministers and Heads of Government, is a ceremonial display of the Armed Forces.

The composition of the Guard of Honour for the Prime Minister of Sri Lanka or visiting foreign Prime Ministers and Heads of Government is commanded by a Captain or equivalent, two junior Officers (one junior Officer carrying the regimental colour where applicable).

The parade includes with seventy-two rank and file, an appropriate proportion of Non-Commissioned Officers with a band. This Guard of Honour commences with the formal arrival of the dignitary.

At the discretion of the Government, members of foreign royal or imperial families may also be accorded this honour, symbolising goodwill and mutual respect among nations.

Guard of Honour for Service Commanders and Distinguished Military Visitors

A Guard of Honour rendered for the Commander of the Army, the Commander of the Navy, the Commander of the Air Force, or visiting foreign General Officers also represents a mark of high military distinction.

With the establishment of the Ceylon Army in 1949, following independence in 1948, Sri Lanka inherited many British ceremonial practices as part of its early military framework.

The Guard of Honour was among these traditions, initially performed according to British drill standards and uniform conventions.

Over the decades, as the Sri Lanka Army developed its own identity, the ceremony was gradually infused with local cultural elements, regimental customs and national symbolism.

The introduction of indigenous commands, Sri Lankan uniforms and local military etiquette gave the Guard of Honour a distinct national character.

Occasions for the Guard of Honour

The Guard of Honour is mounted on various ceremonial occasions, including:

State Visits

When foreign Heads of State or Government visit Sri Lanka, they are welcomed with a Guard of Honour, often at Bandaranaike International

Such a Guard of Honour is commanded by a Captain or equivalent, two junior Officers (one junior Officer carrying the regimental colour where applicable) together with forty-eight rank and file, including a proportion of Non-Commissioned Officers, with a band in attendance.

Mounting a Guard of Honour for foreign generals or equivalent dignitaries, represent gesture of respect and camaraderie.

A standard Guard of Honour is commonly performed by elite Regiments. The Guard of Honour is commanded by a Parade Commander, usually a Major or Captain, assisted by an Adjutant and Sergeants Major who ensure precision and coordination. Troops are arranged in immaculate formation, with gleaming ceremonial uniforms and rifles polished to perfection.

Guard of Honour for Army Officers above the Rank of Major General

The Guard of Honour is ceremonially mounted to pay tribute and extend military courtesy to distinguished personalities and Senior Officers above the rank of Major General as a mark of respect, discipline and tradition within the Sri Lanka Army.

Such Guard of Honour is generally assisted by two junior Officers and forty eight Other Ranks rank and file, including a proportion of Warrant Officers and Senior Non-Commissioned Officers.

This ceremonial turnout is accorded to Officers assuming or relinquishing key appointments, during official visits and on special commemorative occasions. The proceedings typically include the presentation of arms,

inspection by the Senior Officer and the march-past in slow and quick time.

Through this honoured tradition, the Guard of Honour represents the Army's core values such as loyalty, honour and discipline while paying due recognition to the distinguished service rendered by its Senior Officers.

Preparations and Drill

Before the parade, soldiers undergo intensive rehearsals to ensure perfect timing, alignment and coordination. The Drill Instructors play a vital role in every movement from presenting arms to saluting at the precise moment.

The Army Band provides the ceremonial music, performing national anthems, slow and quick marches and the signature "General Salute" that accompanies the arrival of the dignitary.

The Inspection

The Inspection of the Guard is the most visually striking segment of any Guard of Honour event. The visiting dignitary, accompanied by the Parade Commander, walks along the front rank while the band plays the national anthem or the honour march. Every soldier stands at attention, representing the unwavering loyalty and respect of the Sri Lanka Army toward the distinguished guest.

Uniform and Presentation

Soldiers on parade wear the Full Ceremonial Dress, distinguished by shining buttons, coloured sashes, white gloves and regimental insignia. Their bearing in straight posture, synchronised movements and calm demeanour further reflect the Army's

core values - discipline, honour and integrity.

Symbol of National Pride

Beyond its ceremonial grandeur, the Guard of Honour serves as a symbol of the Sri Lanka Army's dedication to the nation. It demonstrates that the Army, while trained for combat and defence, also upholds the highest standards of ceremonial decorum.

Each Guard of Honour represents deep rooted military traditions, respect for hierarchy and commitment to uphold dignity and order.

Today, the Guard of Honour in Sri Lanka stands as a dignified blend of ancient ceremonial heritage and British military influence, uniquely adapted to reflect Sri Lankan identity.

It continues to serve as a powerful symbol of respect, professionalism and national pride during state ceremonies, military events, and visits by foreign dignitaries.

Some may think that the Guard of Honour is merely a parade. However, it reflects the precision, respect and pride professionalism and reverence. Whatever the occasion may be, the Guard of Honour reflects the Army's deepest respect for service, duty and the nation it protects.

Reference

Army Order 05/20215 issued by the Sri Lanka Army.

Army Order 13/77 issued by the Sri Lanka Army.



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Memories of
a Warrior

Conquering the foe with fearless might, The War Hero fell in the Eastern Front

Lieutenant General Anura Lalith Angammana RSP USP psc, a distinguished Senior Officer and the Colonel Commandant of the Corps of Sri Lanka Engineers, holds a significant position in history as the most Senior Officer to make the supreme sacrifice in the battle against terrorism. On 30 July 1995, while returning after an inspection conducted following an enemy attack on the Army Camp at Valachchenai, Batticaloa, Lieutenant General Angammana RSP USP psc, then the General Officer Commanding of the 3rd Infantry Division, laid down his life for the motherland, concealing an enemy landmine. The back cover of 'Bellator' is respectfully dedicated to the enduring memory of this courageous and exemplary Senior Officer as an appreciation for his dedicated service and ultimate sacrifice.

Lieutenant General Anura Lalith Angammana RSP USP psc was born on 02 July 1946 in Thalangoda, Matale District and was a brilliant student of Dharmaraja College, Kandy. He was the Captain of the school cricket team at the time and was awarded the best bowler of the school in 1964. He also served as the President of the School Buddhist Association and a member of the School Prefect Council. He joined the Sri Lanka Army as an Officer Cadet on 05 April 1965. After completing the basic military training at the then Diyatalawa Training Centre, he was commissioned and posted to the 1 Field Engineer Regiment as a Second Lieutenant. Throughout his distinguished tenure, Lieutenant General Angammana played a pivotal role in operational missions across the North and East.

He served as the first Executive Superintendent of the Kotelawala Defence College and as the Assistant to the then President Ranasinghe Premadasa. During his service, he served as the Commanding Officer of the 1st Corps Engineer Regiment, the Brigade Commander of the 31st Brigade, the Brigade Commander of the Engineer Brigade, the General Officer Commanding of the 1st Division, and the Commander of the Security Force Headquarters - Kegalle.