



RANAVIRUWA

JUNE 2021 - 2nd EDITION



A Strenth from Army to Win the Nation





Saving Millions for the Country...

On the concept of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO), a programme of repairing unserviceable Army vehicle fleet was initiated with the intention to save a fair chunk of foreign exchange to the nation.

The Chief of Defence Staff and Commander of the Army inspected those newly-improvised vehicles by the Sri Lanka Army Electrical and Mechanical Engineers (SLEME), on 15 June 2021 at the Army Headquarters. A garbage truck, mobile marketing truck, four jeeps and a double cab were inspected by the Army Chief.

These unserviceable Army vehicles were modified

according to the unique modern designs and turn motarable by the instructions of SLEME Commandant and Director, Directorate of Electrical and Mechanical Engineering (DEME), Major General SPAIB Samarakoon Hdmc Lsc with the technological assistance of the troops of the Sri Lanka Army Electrical and Mechanical Engineers.

This gesture that saves a huge foreign exchange is now in operation in all provincial SLEME workshops, including Udawalawe, Anuradhapura, Kilinochchi and Jaffna. Under this scheme, condemned bicycles, motorbikes, light vehicles, vans, lorries, trucks, heavy vehicles and buses are overhauled, repaired and repainted before they were re-introduced for the use in the Army.





Seminar on Sri Lanka Army Way Forward Strategy 2020-2025

A workshop and a seminar organised to discover strategies for Sri Lanka Army Way Forward Strategy 2020-2025 and to obtain the excellence service of the skilled professionals got underway on 10 June 2021 at the Sri Lanka Army Headquarters with the participation of Army Officers.

The founder of the concept, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) graced the event with his valuable participation.





Yoga Programme Rolled Out at Army Headquarters...

The Sri Lanka Army, adding renewed recognition to age-old ties of goodwill and friendship rolled out the inauguration of the 7th edition of the 'International Yoga Day' with the collaboration of the High Commission of India at the Army Headquarters, Sri Jayawardenepura on 21 June 2021.

The welcome address of the programme headed by General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) was delivered using zoom technology by HE Gopal Baglay, High Commissioner of India in Sri Lanka and the keynote speech was made by General Kamal Gunaratne (Retd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence and Secretary to State Ministry of National Security and Disaster Management through video conferencing. After introductory welcome notes, the floor was laid open to zoom messages of HE the President Gotabaya Rajapaksa and Hon Prime Minister of India, Shri Narendra Modi.



Military Veteran General Cyril Ranatunga Bids Farewell to the Nation...

The private family funeral of late General Cyril Ranatunga (Retd), former Secretary of Defence, Chief of Staff of the Army and a reknown military veteran took place on 17 June 2021 at General Cemetery, Borella with limited number of close family members.

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff and Commander of the Army who has a high regard and respect towards this late military veteran, participated with Mrs Sujeewa Nelson, President, Army Seva Vanitha Unit to pay the last respect condoling with family members.

The simple funeral arrangement with last rites got underway sans military formalities at the request of his family. Few Senior Officers, family members, relatives attended the funeral held at the cemetery adhering to the health guidelines.

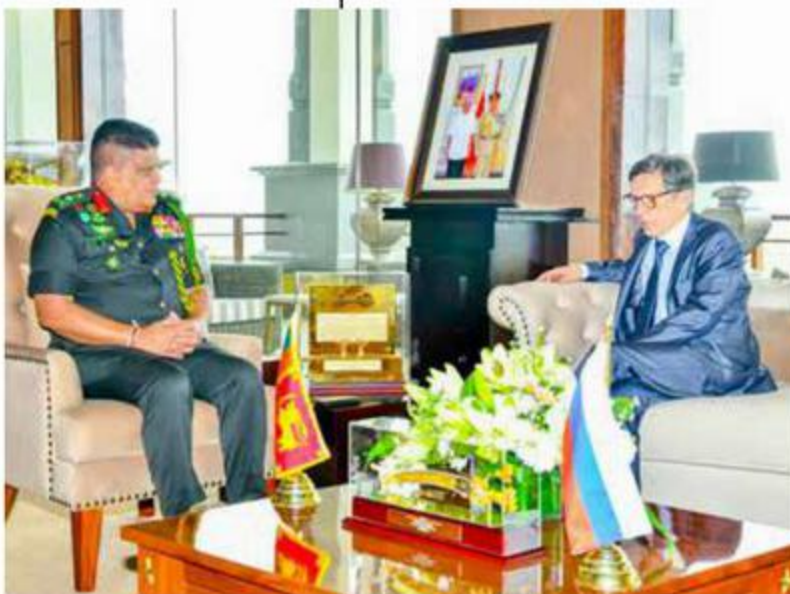


General Cyril Ranatunga (Retd)



GLIMPSE OF GOOD WILL SHARING...

Australian High Commissioner to Sri Lanka, His Excellency David Holly paid a courtesy call on General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) at the Army Headquarters on 3 June 2021. He appreciated the military roles played by the Tri Forces to control the COVID-19 pandemic in the country gifting a large quantity of personal protection equipment (PPE) to the Army.



The Ambassador Extraordinary and Plenipotentiary of the Russian Federation HE Yuri Materiyy paid a courtesy call on General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) at the Army Headquarters on 7 June 2021.

During the cordial discussion, the role played by members of the armed forces to prevent the COVID-19 outbreak and its fast transmission was highly appreciated.



Valuable Donation from Salvation Army...

The Territorial Salvation Army Headquarters at Colombo 02 using their own allocated funds for COVID-19 treatment and prevention work in Sri Lanka donated a BiPap Ventilator, worth about Rs 1.3 million for the use of patients with chronic respiratory complications to General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) at the Army Headquarters.

Sunquick Offers Refreshing Sachets for SL Army



Sunquick Lanka Company Limited gifted a consignment of 100,000 sachets of Sunquick fruit drinks to General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) for distribution among frontliners as refreshments, considering fatigued and committed COVID-19 prevention roles, being performed by frontline service personnel across the country on 11 June 2021.

Mr Mangala Perera, Managing Director of the donor company, together with Mr Chandima Samarasinghe, General Manager and Mr Padmalal de Silva, Consultant, were present at the symbolic donation of gifting stock of refreshing drinks sachets of 200 ml value of Rs 6 million to the General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) at the Army Headquarters.

Newly Appointed RSMs, Received Piece of Advice from the Commander...



The two newly-posted Regimental Sergeant Majors (RSMs) to the Sri Lanka Military Academy (SLMA) and the Kotelawala Defence University (KDU) had the rare chance of receiving guidelines, instructions and best wishes on their new appointments from none other than the head of the organisation, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) when both of them are called at the Commander's Office, together with the Adjutant General, Major General Sanjaya Wanasinghe and the RSM of the Army Headquarters.

General Shavendra Silva highlighted the importance of both appointments to Warrant Officer I WPDR Weerasinghe and Warrant Officer I WRI Wijesundara, from the Sri Lanka Armoured Corps to perform their best in new appointments and help to elevate the proper maintainance of logistic administration roles in both military establishments. He also reminded them of the responsibilities associated with such appointments since a RSM serves as the bonding link between the Officers and Other Ranks.

Towards the end of the brief meet, the Army Chief extended them good luck for their new responsibilities.





Memories of a Cordial Discussion...

Prior to his departure, Colonel Denis I. Shkoda, Military, Air, and Naval Attaché at the Embassy of the Russian Federation in Sri Lanka, paid a courtesy call on General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) at the Army Headquarters on 02 June 2021.

Proud Moment under an Admired Establishment...



Major General KNS Kotuwegoda ndc IG, the Commandant of Sri Lanka Army Volunteer Force conveyed his heartiest congratulations towards the newly promoted 05 Brigadiers at Headquarters of Sri Lanka Army Volunteer Force on 25 June 2021. This first ever collective promotion got underway in line with the first phase of increasing the ratio of officers in Sri Lanka Volunteer Force adding a pride to the Sri Lanka Army Volunteer Force history.



Gift of Medical and Sanitary Equipment...



Under the supervision of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) and patronage of President of the Army Seva Vanitha Unit, the biggest COVID-19 Hospital was established in Seeduwa with the intention to treat the COVID-19 infectees of the pandemic spreading across the country.

A bulk of valuable medical and sanitary equipment was handed over to the President of the Army Seva Vanitha Unit by the Military Intelligence Corps Seva Vanitha Branch for the use of the COVID-19 patients

admitted to the hospital.

Meanwhile, the Sri Lanka Army Service Corps Seva Vanitha Branch also donated a stock of bed sheets, pillows, pillow cases and sanitary items to the President of ASVU through the sponsoring coordination of Hemas Manufacturers (Pvt) Ltd.

Brigadier Thushara Balasooriya, Brigadier Coordinating, Army Seva Vanitha Unit, Mrs Manori Sally, Chairperson MICSVB, Mrs Nishanthi Abeyrathna, Chairperson SLASC SVB, representatives of those donor companies, Mr SKTC Munasingha and Mr Chandika Nirosh were present at this hour of charity.

Sri Lanka Artillery Seva Vanitha Branch...

With the graceful participation of Major General KNS Kotuwegoda ndc IG the Commandant of Sri Lanka Army Volunteer Force and the Colonel Commandant of the Regiment of Artillery, dry ration packs were distributed among 500 Senior Officer Assistants and Civil Workers by Madam Shyamini Kotuwegoda, the President of the Sri Lanka Artillery Seva Vanitha Branch and members to mark the Sinhala and Tamil New Year on 9 April 2021 at the Regimental Headquarters.



Engineer Corps Seva Vanitha Branch

Under the guidance of the President, Corps of Engineer Services Seva Vanitha Branch, a dry ration packs worth of Rs. 165,000.00 were distributed among 100 needy civil families in Pitigala area on 13 June 2021 with the participation of the President and members of Seva Vanitha Branch along with the troops of Corps of Engineer Services.



Gift from the Sinha Regiment Seva Vanitha Branch

President of the Sri Lanka Sinha Regiment Seva Vanitha Branch, Madam Shiromi Bandara gifted away a newly constructed house at the auspicious hours on 14 June 2021 for Major MADGWP Mataraarachchi, Sri Lanka Sinha Regiment in respect of his gallantry exhibited during the Humanitarian Operations while being attached to 6 Sri Lanka Sinha Regiment. His right hand, eye and face were injured severely during the operation therefore he was attached to the Regimental Headquarters Battalion under medical category after extracting his left eye.

Deputy Centre Commandant, Regimental Centre, Sri Lanka Sinha Regiment, Commanding Officer of Headquarters Battalion including the Officers and Other Ranks participated in the event.



Military Police Seva Vanitha Branch

Upon the mediation of Lieutenant Colonel R Withanaarachchi USP, Commanding Officer, 2 (V) Sri Lanka Corps of Military Police and the financial donorship of Mrs Chamila and Mr Sonders Jayathilaka in Canada, a needy family resided at No. 141/2, Independence Road, Sathutugama was gifted a newly constructed house. The project was implemented by Military Police Seva Vanitha Branch and manpowered by troops of 2 (V) Sri Lanka Corps of Military Police.



Exercises and Physical Fitness...

Regular exercises benefit the body and mind. They effect in various ways including health. Daily workout triggers the better blood circulation and stability of the heart. It prevents high blood pressure, cholesterol and obesity caused by irregular eating patterns. However, personnel who exercise regularly show significant improvements in life including mental, physical and emotional. Additionally, it helps for the reduction in perceived stress levels.

HOW TO MAINTAIN THE PHYSICAL FITNESS

Following key factors are significant for the Physical Fitness of an individual;

- Strength of the Muscles
- Muscle Flexibility
- Endurance

THE EXERCISE

Although it is generally considered that any kind of exercise is suitable for the human body, endurance



Many are interested in physical fitness. But what for? You shall not need to be an athletic to maintain your fitness. Your fitness shall be adjusted according to your way of life, letting you to continue your daily activities such as walking, climbing without a tiredness.



exercises are one of the ideal types of exercises for the heart. This exercise tires the muscles in human body for a selected time period. Walking briskly, jogging, dancing, biking and climbing are the best examples with notable results.

The good exercise routine relaxes your body and save you from overloaded stress. Although after spending a tiring busy day, walking exercises are yet can be done. The freshness brings to your body at the end of the exercise makes the whole body brand new.



Endurance activities keep your heart, lungs and circulatory system healthy and improves your overall fitness. As a result, people who regularly do physical activities can reduce the risk of many diseases such as diabetes, heart disease and stroke.

The golden rule of exercising is that it can be started with simple exercises and developed gradually in regular manner. However, spending 220 minutes or exercising three times per week is essential for fitness maintenance. Practicing the same exercise doesn't help to get better results. Having variety of selections during the hours of workout under the instructions of the fitness coach assures the better results.

PLAYING SPORTS/GAMES

Many complain, it is harder to find a space for the exercise with the busy schedules of daily life. However, they don't all need to be done every day, but variety helps to keep the body fit, healthy and makes exercise interesting. You can do variety of exercises to keep the body fit and healthy and to keep your physical activity routine exciting. Many different types of exercises can improve strength, endurance, flexibility, and balance. For example, practicing yoga can improve your balance, strength, and flexibility. A lot of lower-body strength-training exercises will also improve your balance.

The exercising time can be adjusted when a person is interested in the exercises. The habit of exercising must be inculcated within individual based on a timetable. This awakes the individual spiritually and physically enabling the individual to perform the tasks speedily. A good friend can boost positive energy and motivation. Perhaps you may miss the popular Golf, Rafting, Surfing and Tennis! These sports or games are helping to keep your body fit.

If you are worried of your age you can select a simple exercise such as walking, cycling or swimming. There are exercises that you can enjoy at any age.

EXCLUSIVELY IMPORTANT

- Add exercises to your daily routine. Get down little away from the destination of your journey and walk or use the stair case instead the elevator. This may help to keep you healthy.
- Develop the exercise routine gradually.
- Do not over do the exercising.
- Begin the exercise with proper warm up.
- Gradually conclude the exercising event. DO NOT stop the exercising suddenly.
- DO NOT start exercising immediate after the meals. Spare at least half an hour.
- Do exercise with a rhythm or music.

PHYSICAL APTITUDE REFERS TO,

- Open your day with freshness.
- Make your kids happy with abrupt surprise
- Have a comfortable sleep.
- Run upward in a staircase and develop the ability to talk without sigh.

FACTS TO CONSIDER

- Assure the cardioid health by regular exercising.
- Get rid of high blood pressure.
- Say farewell to heavy stress.
- Practice regular exercising.
- Avoid smoking.

-Quoted from the Books-





SF Jaffna Proudly Celebrates the Silver Jubilee...

Remarking another unforgettable milestone, the Security Force Headquarters (Jaffna) proudly celebrated its 25th Anniversary on 19 June 2021, launching a series of programmes in line with this grandeur moment of pride with the participation and the directions of Major General Priyantha Perera RWP RSP ndu, the Commander Security Forces (Jaffna) and Coordinating Officer for the Prevention of COVID-19 Outbreak.

Marking the formal beginning of Silver Jubilee Day's Celebrations, an event of Alms Giving was conducted wishing speedy recovery for disabled War Heroes with the participation of Buddhist monks, following the stipulated health guidelines. A floral tribute was offered in respect of the fallen War Heroes at the Palaly War Heroes' Monument in line with the tree planting campaign with the participation of Senior Officers commemorating the incomparable service rendered towards the wellbeing of the nation.





The Commander SF Wanni Visits Atamasthana...

Offering a prominent place for the Amisa Puja (ritualistic offerings) on the most venerated day in the Buddhist Calendar, Major General DMHD Bandara RWP RSP USP Commander Security Forces (Wanni) paid a visit to the Historical Eight Buddhist Shrines placed in Anuradhapura on most noble Vesak Poya Day. Officers including General Officer Commanding, 21 Infantry Brigade coloured the event with his participation.



Taking a New Initiative...



Under the guidance of Major General DMHD Bandara RWP RSP USP Commander Security Forces (Wanni), a foundation stone was laid for the two storeyed building of the new Food City on 22 April 2021 following the auspicious time. The construction works are performed by 22 Corps of Engineer Services under Security Forces (Wanni).



Discussion to Prevent the COVID-19...

Under the patronage of Mr Maheepala Herath, the Governor of the North Central, another successful discussion of District Coordinating Committee to Prevent the Spread of COVID-19 in Polonnaruwa took place with the participation of MP Polonnaruwa District, Mr Amarakeerthi Athukorala, District Secretary, Mr W A Dharmasiri and Commander Security Forces (East) and District Coordinator Major General CD Weerasooriya RWP RSP ndu.



War Heroes Distributed Dry Ration for Temples...



Under the instructions of Major General CD Weerasooriya RWP RSP ndu, Commander Security Forces (East), a bulk of vegetables was donated to the Forest Hermitage, Dimbulagala by the troops of Security Forces (East).

More than 200 kg of vegies were distributed among 100 Bhudhist monks reside in the temple premises.

Chief Incumbent of Kadawathmaduwa Temple Ven. Wajiralanakara Thero, Brigadier UPR Weerakoon RSP USP and Civil Affairs Officer Lieutenant Colonel RMSLR Gamagedara participated in the event.





Distribution of Reconditioned Vehicles...

On the instructions of Commander Security Forces (Kilinochchi) and supervision of Commander (Forward Maintenance Area) Major General MIP Nananyakkarawasam, reconditioned vehicles by the Sri Lanka Electrical and Mechanical Engineering Regiment were distributed among the units and

battalions under command to the 57 and 66 Infantry Divisions upon the service requirements on 27 May 2021. 02 trucks, 02 tractors, an ambulance, 80 bicycles and ration containers were among the distributions.





Commencing New Recruit Courses under 64 Division

213 recruits under command to the 641 Brigade and 14 Sri Lanka Sinha Regiment (SLSR) and 224 recruits under command to the 643 Brigade and 13 Sri Lanka National Guard (SLNG) began their recruit training courses in Wasanthipuram Training School on 07 June 2021. Their basic training is scheduled to conclude on 25 September 2021.

Major General RPDU Rajapaksha RWP RSP, Commander, Security Forces (Mullaitivu) as the chief guest for the inaugural occasion delivered the opening address. General Officer Commanding,

64 Division, Brigade Commanders of 641 and 643 Brigades graced the event.

Those recruit programmes were launched on a conceptual guidance of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) to be in line with the Army Way Forward Strategy 2020-2025 in which 35,000 recruits are to be enlisted in the Army in the next few months to replenish cadres.





Inspecting the Progress of COVID-19 Vaccination...

Major General Vikum Liyanagae, Commander, Security Forces (West) visited inoculation centres and inspected the progress of ongoing vaccination programme in Ehaliyagoda and Rathnapura areas on 31 May 2021. COVID-19 centres established in AL-Aksha School, Bulugahapitiya Temple, Rose

Garden, Kuruwita, Saila Len Temple, Rathnapura and Keththarama Temple, Weralupa were inspected during the visit. He shared few words with health providers, Army personnel and civilians awaited for inoculation and inquired about their health concerns, guidelines and precautions.





Chief of Staff Officially Visits Base Hospital Palkelele

The Chief of Staff Major General WGHAS Bandara RWP RSP ndu officially visited the Base Hospital and Army Hockey Ground, Palkelele, under command to 11 Infantry Division on 07 June 2021. Commander Security Forces (Central) Major General

N R Lamahewage RWP RSP ndu, General Officer Commanding, 11 Infantry Division, Major General K Liyanage RWP RSP ndu, Brigade Commanders and other Senior Officers participated in this occasion.





RABIES

Rabies is a deadly virus spread to people from the saliva of infected animals. The virus is usually transmitted through a bite. Awareness on the rabies is useful since there is a tendency to transmit this virus in camp areas. Animals most likely to transmit rabies in Sri Lanka include bats, foxes, but stray dogs are the most likely to spread rabies to soldiers. Once a person begins showing signs and symptoms of rabies, the disease always causes death. For this reason, anyone who may have a risk of contacting rabies should receive rabies vaccinations for protection.

- The rabies is caused by a virus. The family of the virus is called Rhabdoviridae.
- The virus is transmitted to the human through domestic mammals such as cat, dog.
- The dog is most likely to spread the virus.
- Rhabdoviridae seeds usually last from 6 months to 6 years.
- The virus directly damages the human nerves

system and brain.

- No medicine for Rabies has been found. Death is inevitable, if Rhabdoviridae is transmitted to the human body.

The animal having Rhabdoviridae seeds transmits the virus when

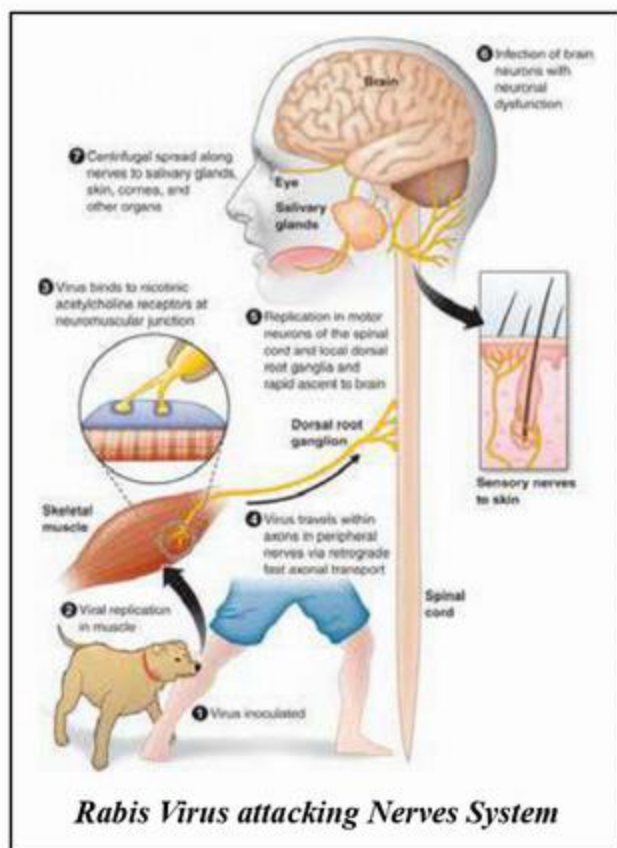
- Bites
- Scratch
- Saliva (the virus get transmitted when the virus contained animal licked a wound in human body).

There are two forms of the disease.

- Furious Rabies
- Paralytic rabies

Symptoms of Furious Rabies in a dog

- Increased aggressiveness, which overshadows their regular behaviour.



- The first symptoms of rabies may be non specifying and include lethargy, fever, vomiting, and anorexia.
- Signs hyperactivity.
- Excitable behaviour.
- Hydrophobia (fear of water).
- Sometimes aerophobia (fear of drafts or fresh air).
- Death occurs after a few days due to cardio-respiratory arrest.

Symptoms of Paralytic Rabies in a dog

- Bark in a sharp voice.
- Changes the behaviour.
- Unusual behaviour of dog.
- Violent behaviour.
- Bite anyone meets.

Treatments

- Post-exposure prophylaxis (PEP) is the immediate treatment of a bitten victim after

rabies exposure. This prevents virus entry into the central nervous system, which results in imminent death. PEP consists of:

- Extensive washing and local treatment of the bite wound or scratch as soon as possible after a suspected exposure.
- Wash the wound with sanitizer.
- Keep the wound clean.
- Provide the accurate information on the dog bite.
- Starting the treatment soon after an exposure to rabies virus can effectively prevent the onset of symptoms and death.

Prevention

- Eliminating rabies in dogs.
- Dispose waste meals in formal manner.
- Impliment sterilization to Prevent Contraception.
- Vaccinate your pets.
- Keep your pets confined.
- Keep dogs out of your military camps.
- No dining everywhere.
- Protect small pets from predators.
- Educate the community on rabies.
- Immunization of people.
- Report stray animals to local authorities.
- Do not approach wild animals.
- Consider the sterilization of stray female dogs.
- Maintain a stray dog free condition inside the camp.

Stray dogs are frequent in many military camp premises as the camp is a fine source of food to them. Obstructing the source of foods helps to prevent the stray dog breeding inside the camp. Increasing number of stray animals inside the camp increases the risk of rabies. Conducting a health programme targeting the Officers and Other Ranks on rabis with the assistance of Public Health Inspector may save the guardians of the nation from rabies.



S/ 650966 WO11 Randeniya RMNP
Army Hospital
Kilinochchi



Generous Donation of CECB...

On the instructions of Major General WLPW Perera RWP RSP ndu, Commander, Security Forces (Jaffna) and District Coordinator for the Control of COVID-19 in the area and the supervision of 52 Division, Ceylon Engineer Consultancy Bureau (CECB) extended its generosity by gifting 100 Metal Beds for Navatkuli ICC for COVID-19 patients. The donation was made by Chief Operations Engineer,

Mr A Pushparaja and Senior Operations Engineer Mr A Sathyadasan of the donor company, considering the importance of the emergency project, sharing goodwill gesture and encouragement for the benefit of people in Jaffna. General Officer Commanding, 52 Division, and a few Officers and Other Ranks participated in the symbolic gesture on the occasion.

Ranawiru Aid for Underprivileged Families...

12 Infantry Division



Under the guidance of General Officer Commanding, 12 Infantry Division Major General RADP Ranawaka RWP RSP USP ndc and the instructions of Commander, 112 Infantry Brigade, 5000 dry ration packages were distributed among the low-



income families reside at Kataragama, Detagamuwa, Sellakatharagama, Karawile and Kandasurindugama under Katharagama Divisional Secretariat with the contribution of Officers and Other Ranks of 3 Sri Lanka National Guard.



53 Infantry Division

Unit Visit...



General Officer Commanding, 53 Infantry Division Major General SUMN Manage WWV RWP RSP psc paid an inspection visit to 1st Vijayabahu Infantry Regiment deployed at Thiriyaya, Trincomalee on 07 June 2021. Officers of the 53 Infantry Division adjoined the inspection.

Generous Aid...



7 (V) Gajaba Regiment



A donation of dry ration packs and face masks for the underprivileged quarantined families in the general area of Kodikamam was made in line with the Vesak Full Moon Poya Day adhering the county's existing COVID-19 restrictions by the Commanding Officer and troops of 7 (V) Gajaba Regiment.



Shouldering the COVID-19 Suppress Operation...



Several Intermediate Treatment Centres were established for the emergency treatments of COVID-19 infectees of the area on the instructions of Mr Saman Arshana Padikoral, District Secretary, Trincomalee, General Officer Commanding, 22 Infantry Division Major General MKS Silva RWP RSP ndc and Deputy Health Services Director, Trincomalee.

Ayurvedic Centres established at Kurukkanni and Kappalathure areas were selected as an ITC (Intermediate Treatment Centre) and the manpower was provided by the troops of 221, 222, and 223 Brigades under the supervision of Commanders of the respective Brigades.

Community Welfare...



A programme of delivering vegetable parcels targeting the economically underprivileged residents affected by the ongoing COVID-19 travel restrictions was taken place on 15 June 2021 at the general area of 591 Infantry Brigade Headquarters on the instructions of Commander, 591 Infantry Brigade with the co-contribution of Fishermen Union, Mullaitivu.



SECURITY FORCES (WEST)



Boost for Transport...

Upon the instructions of the Commander Security Forces (West), transport facility was provided to the senior citizens who were ready to draw their pensions and charitable allowances.



SECURITY FORCES (JAFFNA)

Heroes Facilitate Senior Citizens...

The troops assisted senior citizens of Jaffna District affected by the ongoing COVID-19 travel restrictions in the country to draw their pensions and charitable allowances conveniently on 10 and 11 June 2021. Transport facility was provided using the busses of Sri Lanka Transport Board covering every Divisional Secretariat under the supervision of Commander Security Forces (Jaffna).





Providing Solace for Flood Victims...

Under the instructions of the Commander Security Forces (West) and supervision of Commander of 141 Infantry Brigade, Infantry troops distributed biscuits and 1680 water bottles among the affected people in the Divisional Secretariat, Dompe on 07 June 2021.

2000 victims of the diverse weather in Kaduwela and Kollonnawa Divisional Secretariats were provided with morning and mid day meals covering 05 Grama Niladhari Divisions by the 2 (V) Sri Lanka Light Infantry troops. Dry rations were provided by the respective Divisional Secretariats.

8 Gamunu Watch



Operation Saving Lives...

Under the supervision of Commander, 611 Infantry Brigade, a team of 8 Gamunu Watch was able to rescue a person victimised by the landscape occurred in Ihalepola, Ayagama in Kiriella Police area. 17 year old girl deceased by the devastation and the rescued 50 year old was admitted to the Kiriella Hospital for further treatments.



Journey of Death

from Mullaitivu



“The book reveals the awful devastation caused by the war in such a great detail. Sujith's piece of writing discloses the bold leaderships, bravery of soldiers, perseverance before life threats, brotherhood, frank trust on each, and the unseparated love of soldiers towards the motherland with a vivid description while unveiling the unprecedency embedded in a soldier's tragic life.”

Army Headquarters appointed me to cover the duties of Directorate of Psychological Operations last week apart from the key duty performed as the Director General of Human Rights & Humanitarian Law. I made an inspection visit to the respective directorate to see how things are done. Staff Officer, Major Sujith Chaminda Edirisinghe gifted a copy of his latest publication, “Journey of Death from Mullaitivu” (Maranaya Medin Mullaitivu Sita) making my visit productive. I voraciously welcomed his book into my hands with greedy intention to discover its content with rejoicing pleasure. Being a poet and a writer, Major Sujith Chaminda has a keen interest on uplifting a “*Military Literature*” as a separate genre in Sri Lankan literature. I had read out many of his works fabricated in simple soft language highlighting the sensitive points before.



My habit of reading any piece written on war is now gone into my nerves. It may be a result of my soul bond which I share with the 3 decades extended war against LTTE. In that fine flamboyant night, my heart decided to discover the book. Running my eyes over the interesting paragraphs of the book bought me a similar experience of meditation. The "Journey of Death from Mullaitivu" (Maranaya Medin Mullaitivu Sita) opens up rising the oddity and horror shuddering the reader's soul. The simple literal fabrication of the text does not bring the tiredness at all to its reader. But the text lines are capable enough to create a sensible visual imagery of the battle arena before the reader in a vivid manner. I ran my eyes over the text, enjoying the different tastes of literature. For a while, it took me to the Mullaitivu Camp through the jungle resurrecting the sleeping memories of twelve years hidden in my mind.

The book reveals the awful devastation caused by the war in a great detail. Sujith's piece of writing discloses the bold leaderships, bravery of soldiers, perseverance before life threats, brotherhood, trust on each, higher leadership qualities and the unseparated love towards the motherland of soldiers with a vivid description while unveiling the unprecedented embedded in a soldier's tragic life. Many characters meet in the book is quite familiar to me. Captain Senake Silva was a senior and fine mate I met in Military Academy. Captain Palihawadana who was able to escape from the death, was in my cadet intake under the enlistment No 30. Many officers and soldiers who sacrificed their lives had worked with me. I had followed the heavy weapons course at Minneriya School with Major Aliba. Their memories weighted my heart with the nostalgic feeling. As Sujith reveals, no soldier embraced the death with a sound mind. At the last minute they all trusted their friend. They faced the death with bravery. Though their body was covered with a rough uniform, their hearts were filled with good hopes. They sacrificed their young life for the betterment of future generation of the nation. It can only be done by the true heroes such as soldiers. According to a paragraph, Soilder Disanayaka requested his friends to end his life as

his cough may lead his friends to be a target of the enemy. A beloved friend or refused this request pressing him against his chest tightly.

Mullaitivu attack was the biggest drawback of the Sri Lankan Military Forces. Such are possible in any situation or any phase of the war. What is significantly important is learning from the mistakes. There is no argument that the lessons learnt by the mistakes paved the way to the landslide victory over brutal terrorism. The destiny tests you when it's known that you are capable of something. We eradicated the deadliest militant group in the world embedding the glorious name of mother Lanka unforgettable in the world's history of war.

The characters meet in the "Journey of Death from Mullaitivu" (Maranaya Medin Mullaitivu Sita) such as Major Aliba, Captain Senake Silva, Lieutenant Kulathilaka, and the Non-commissioned Officers have met me in many battlegrounds in different names. The lines of the book with grey images of injured soldiers reminded me the bitter memories of the war weighing my heart with tears.



Major General Keerthi Kottewatta
Director- Human Rights and Humanitarian
Law and Director of Psychological Operations
Army Headquarters

Footnote

"Journey of Death from Mullaitivu" (Maranaya Medin Mullaitivu Sita) is a book which every amateur officer and soldier must read as it reflects the genuine picture of the war. After reading the book my wife said that she got the strong urge to read the whole book again seating under the shade of Mullaitivu wood.





Helping the Needy



A programme of delivering vegetable parcels among the economically underprivileged families affected by the ongoing COVID-19 travel restrictions in Alampile, Withakare, Kallapadu Selwapuram-South, Wannikulam, Mulliyaweli-North and Wadduwakal-East in Mullaitivu District got underway on 08 June 2021.

The charitable event was headed by Major General GD Sooriyabandara USP, General Officer Commanding, 59 Division together with Commanding Officer, 24 Sri Lanka Sinha Regiment, President and Secretary of Fishermen Union, Mulathivu and Public Health Inspector of the area.



Generous Donation...

Dry ration packages for selected 100 families of Wellampitiya, Kaduwela and Kelanimulla in 144 Infantry Brigade area, affected by the recent adverse flooding got underway on 07 June 2021 by 2 (V) Sri Lanka Light Infantry troops. The dry ration packages were gifted by the generous businessmen of the area.





Mid Day Meals for Needy...

As per the instructions and guidance of the Commander, Security Forces (Wanni), 150 mid day meals were distributed among the needy families in Vavuniya on 26 May 2021 under the patronage of the members attached to the Directorate of Psychological Operations and Media.



SECURITY FORCES (EAST)

Blood Donation Campaign...

Responding to the earnest request of Most Venerable Serupitiye Ananada Thero of Bhuddhist Temple, Monarathenne and to refill the blood shortage at the Government Hospital in Welikanda, a blood donation campaign was held at the Mornarathenne Temple with the assistance of Security Forces (East) troops. A team of Medical Officers from Army Hospital Narahenpita also attended the event.





233 Infantry Brigade

Boost to COVID-19 Centre in Kandakadu...

05 Boilers and 03 Electric Fans were donated for the use of the staff serving in COVID-19 Centre in Kandakadu. This donation took place under the instructions of Colonel Wasantha Hewage, Commander 233 Brigade and contribution of batteries of Sri Lanka Artillery.



23 Infantry Division



Donation to the Batticaloa Hospital...

District Coordination Committee for the Prevention of COVID-19 Outbreak was established at District Secretariat, Batticaloa. In line to the above establishment, an Autoclave Machine and H202 Fumigator Machine were donated for the smooth functioning of the Teaching Hospital, Batticaloa under the financial contribution of Senior Manager of the Brandix Essentials (Human Resource)

Mr Sahameed and President of Hotel Easter Lagoon, Mr Selvaraj with the presence of District Secretary, K Karunaharan, Deputy Mayor, Batticola Divisional Secretariat Mr Mayura, Major General KANN Koswatta RWP RSP ndu, General Officer Commanding, 23 Division and Brigadier Vijitha Hettiarachchi, Commander 231 Brigade.



Community Education on COVID-19 Virus...

Community Education Event on COVID-19 Virus Precautions was held at Kaththankudi, Erawur with the contribution of Police Officers of the regional police stations on 09 June 2021 by the troops of 4 Gemunu Watch and 11 (V) Sri Lanka Sinha Regiment under command to the 231 Brigade of the 23 Division.

The event took place as per the instructions of Major General KANN Koswatta RWP RSP ndu, General Officer Commanding 23 Division and supervision of Brigadier Vijitha Hettiarachchi, Commander 231 Brigade.



Shelter for War Heroes...

Gemunu Watch



Another welfare event of gifting a fully constructed house, following the newly introduced housing project, in respect of the deprived families of War Heroes, according to the conceptual guidance of Commander of the Army and supervision of Gemunu Watch was handed over to a handicapped and retired Warrant Officer of 4 Gemunu Watch and Soldier of 7 Gemunu Watch on 04 June 2021.

The house worth of 1.5 million was donated by Brigadier Rohan Jayamanna, Centre Commandant of Gemunu Watch upon the invitation of Commanding Officers of 4 and 7 Gemunu Watch.





54 Infantry Division

Series of Ritualistic Pooja with Vesak...



Under the guidance and directorship of Major General Indragith Bandara RWP RSP USP ndu, General Officer Commanding of 54 Infantry Division, series of religious events were organised in line with the Vesak Week remembering the most noble three incidents of Lord Buddha's life. An event of handing over the newly constructed Buddha statue placed Shrine Room, Elephant Wall, Bhodhi Wall,

Bell Tower, Sermon Hall and Accommodation Hall snapped at Sri Vijaya Thilakarama Temple under the patronage of General Officer Commanding, 54 Infantry Division, was taken place on 26 May 2021.

The financial assistance in respect of this most noble meritorious deed was given by Brigadier KVS Perera, Commander, 542 Brigade and manpower by troops of the same Brigade.



633 Infantry Brigade

Shelter for the Needy...

A housing project was underway in order to uplift the living conditions of the deprived families in the area under the supervision of Brigadier Subashana Liyanage, Commander, 633 Infantry Brigade. The manpower was contributed by 20 and 24 Vijayabahu Infantry Regiments, 11 (V) Gajaba Regiment and 2 Sri Lanka National Guard.





Covering Jaffna with COVID-19 Vaccination...



An official event of handing over first dose of the Sinopharm vaccination produced in China to the health authorities to deliver among the residents in Jaffna was underway on 30 May 2021 at Nurses Training School in Jaffna.

Government Ministers, Governor Northern Province,



District Secretary Jaffna, Major General WLPW Perera RWP PSP ndu Commander, Security Forces (Jaffna) and Coordination Officer for Prevention of COVID-19 Outbreak, Health Director of Northern Province with the Officers of Health Department graced the occasion.

Protecting Civilians from COVID-19 Virus...



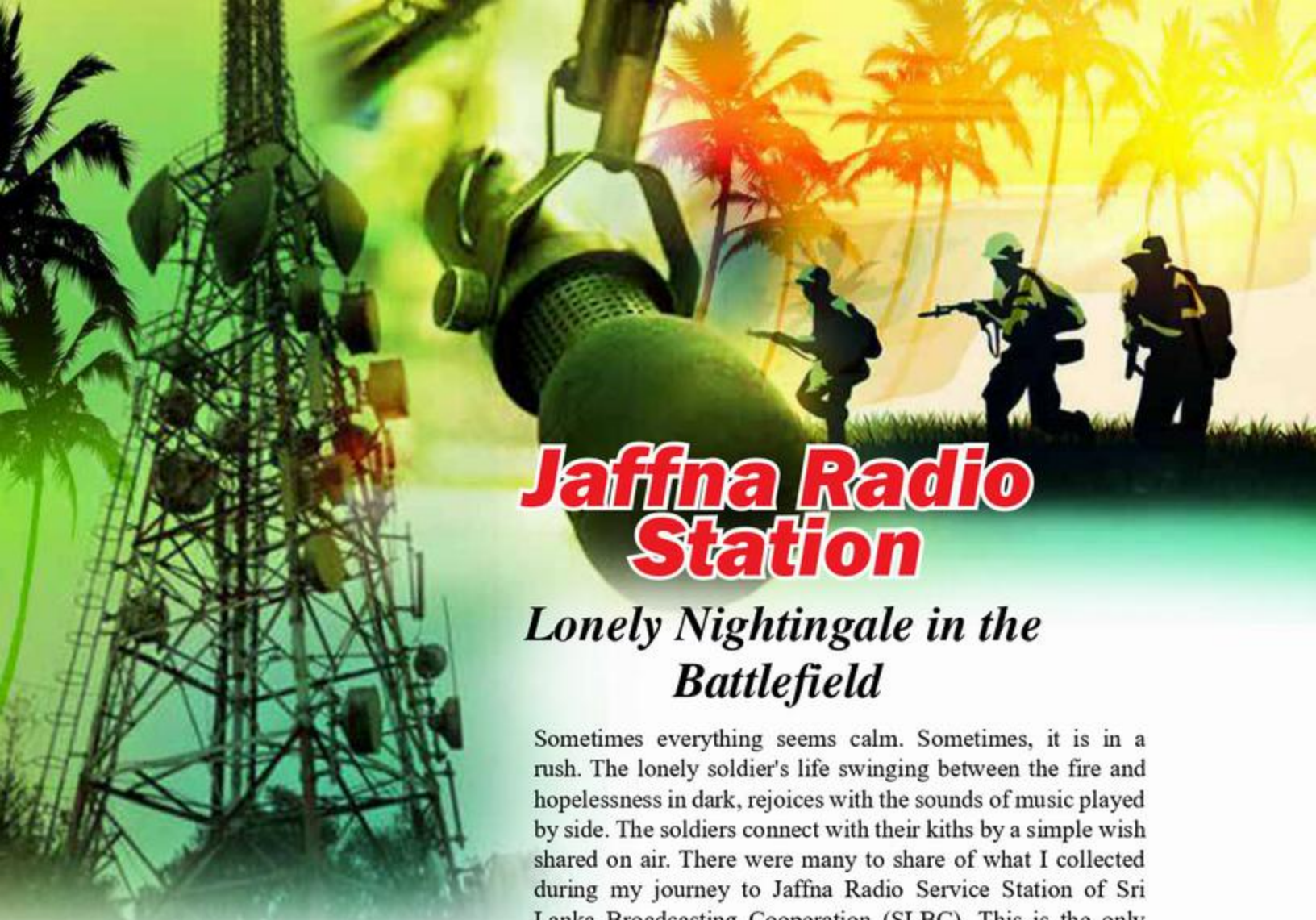
With the intention to prevent the spread of the deadly COVID-19 Virus across the country, a disinfection programme was launched on 24 June 2021 by the troops of 17 (V) Sri Lanka Sinha Regiment and 8 Field Engineer Regiment. Populated public areas such as bus stand, private banks in Vavuniya City were disinfected.



Charity on Poson Poya Day...



As per the instructions of Major General AADNSP Dunuwila RWP RSP USP, General Officer Commanding 56 Infantry Division, 700 cooked food parcels were distributed among the needy families living in Vavuniya District by the troops of 562 and 563 Brigades on 24 June 2021.



Jaffna Radio Station

Lonely Nightingale in the Battlefield

“Jaffna Radio” was the only radio station on air in the North during the peak time of the war. It is an excellent institution that has made a great contribution recognising the heartbeat of soldiers, even in the heat of the battlefield. The exclusive interview with the Administrator of the radio channel Mr Sisira Kumara Manikdiwela is included in this article.

Although hundreds of radio channels were spread all over the country in the present with the technological advance, the service rendered by the Jaffna Service Radio Station at that time is incomparable.

Except those who experienced the brutality of the war, it is a handful who knows of the subject of war. This article is dedicated to the staff of Jaffna Service Radio appreciating their immense service making the modern youth aware on this lonely nightingale in Thal woods.

Sometimes everything seems calm. Sometimes, it is in a rush. The lonely soldier's life swinging between the fire and hopelessness in dark, rejoices with the sounds of music played by side. The soldiers connect with their kiths by a simple wish shared on air. There were many to share of what I collected during my journey to Jaffna Radio Service Station of Sri Lanka Broadcasting Cooperation (SLBC). This is the only radio channel of SLBC reserved for the giant palm region which is so close for the soldiers' heart unlike any other.

“There were no radio channel during 80s’ in Jaffna. The programmes were sent to North by Tamil, and English Broadcasting Centre located in Mandalathivu in 1971. But Mandalathivu Broadcasting Centre was threatened by the LTTE. The servicemen in the radio channel gave up their



Administrator of the Jaffna Radio, Mr. Sisira Kumara Manikdiwela



Tamil Presenter Mr. Jokim Fernando

jobs with the escalating terror activities in 1983 July incident. Upon this grounds, SLBC opened alternative Broadcasting Centre at Mannar in 1985. It didn't run for so long. With the LTTE threats the broadcasting became stand still. LTTE damaged the water and electricity supply of the Broadcasting Centre. Finally everything came to stand still.", the present Administrator, Mr Sisira Manikdiwela of the Jaffna Broadcasting Centre recollected his old memories of his professional life.

"Jaffna Service Radio was very popular in 1990. Director General of SLBC, Mr Hadson Samarasinghe visited the Jaffna Radio in November 1990 and opened two FM broadcasts in Palali in Sinhala and Tamil mediums. The main intention of the Tamil service was to deliver the government's voice across Jaffna. Sinhala Service mainly focused to provide the pleasure to Sinhala soldiers deployed in Jaffna. I can still remember before opening this two FM broadcasts, Mr. Hadson Samarasinghe delivered 1000 FM radios among the barracks of soldiers.

By 1993, this radio was very popular among the civil and Security Forces. There were considerable positive feedbacks from the audience. Since this was the only radio for Jaffna people, all preferred the channel. But we failed to expand the broadcasting upon the existing security restrictions. After the liberation of Jaffna by Rivirasa Operation, a new era was dawned for this radio channel. Significantly, it was able to establish a strong connection with Tamil and Security Forces in Jaffna. During this time, the Jaffna Regional Service was initiated as the fourth regional radio service after Ruhunu and Kandurata



Sinhala Presenter Mr. Chandana Premadasa

Radio Service. The first Administrator of this Service was Mr Densil Wijerathne.

With the intention to expand the programmes, various features started targeting Security Forces. Their requests, Listener Decides, Daily News and Good Wishes were some of the programmes but "From Battlefield to Home and Home to Battlefield" was made a way to deliver the messages between South and Jaffna.

Except the said, we initiated "Thal Sevane Charikawa" (Journey to Palm Shade) to share the skills of soldiers. This was an open platform to everyone served in Security Forces including Air Force, Navy, Police and Army. Talented soldiers were also orientated to join the media. We gave a special place for Tamil Programmes. We telecasted programmes covering the daily life, fisheries community, health and education in Jaffna community. The public support was extraordinary than ever expected. The most important task we did was teaching Tamil and Sinhala.

Mr Manikdiwela flashbacked his scattered memories of wartime reminding his assistant Mr Anura de Silva, Sinhala Presenter Mr Chandana Premadasa and Tamil Presenter Mr Jokim Fernando. Former SLBC Chairman Mr Janadasa Peiris, Director General Mr Eric Fernando, Director Regional Services, Mr Colvin Jayaweera were also included in his graceful memories.

The present service that Jaffna Radio Station renders, bearing the diverse challenges is still incomparable. It is a fine example of perseverance for those who leave Jaffna due to the flame of war.



*MAJOR SUJITH CHAMINDA
EDIRISINGHE*



4 (V) Sri Lanka Army Ordnance Corps



Memories of Un-Effaced Day...

With the contribution of all Ranks of 4 (V) Sri Lanka Army Ordnance Corps, newly constructed Stupa at the camp premises was declared open following a spiritual ceremony of the noble relic enshrinement of the stupa on 22 May 2021 in line with the Vesak Poya Day with the participation of the Commanding Officer, Officers and Other Ranks.



112 Infantry Brigade

Strength to the COVID-19 Prevention Battle...



With the intention to strengthen COVID-19 travel restrictions, roadblocks are established in Badulla District, providing the assistance to the police and civil authorities in the area by 112 Infantry Brigade. Also a team of riders belongs to Security Forces

(Central) carried a petrol covering the region. 112 Infantry Brigade launched this operation in the area on the instructions granted by the Commander, Security Forces (Central) and General Officer Commanding 11 Division.



Opening the Green House Farming Project...

A 1000 ft Green House was established in Punarin by 66 Infantry Division in order to encourage the environmental friendly organic farming in the Sri Lanka Army.

The Green House was declared open by Major General DMAP Disanayeke RWP RSP USP ndu IG General Officer Commanding of 66 Infantry Division on 29 May 2021.

Gift for the Expecting Mothers of the Nation...



Taking the difficulties the civilians face due to the ongoing travel restrictions due to the COVID-19 pandemic into consideration, a programme of delivering dry ration packages for expecting mothers of the area was launched by 19 Sri Lanka Light Infantry Battalion on 10 June 2021. Brigadier KMW Wasantha RSP, Commander of 651 Brigade along with the Commanding Officer of 19 Sri Lanka Light Infantry, Officers and Other Ranks graced the event of charity.

AGGRESSIVE VS ASSERTIVE LEADERSHIP...



Leadership is an essential phenomenon on success or failure of an any organisation. Different leaders have unique leadership styles of their own and their approaches are different to one another. However, a casual observer will have an impression that an aggressive leader produces better results than the assertive leader, even though the reality might be arguable. There is a noticeable difference between being a self-confident and assertive person and an arbitrary and aggressive person. There seems to be a lot of misconceptions and differences about assertiveness and aggressiveness in their approach in leading men and women.

Aggressive leader is self-centered and a bit arrogant. He does not worry or sensitive and often ignores the basic rights of his subordinates. He always wants get things done “Somehow” at the cost of anything with short sighted vision. But assertive leader will stand up for his own rights while being sensitive to others. He possesses a far-sighted vision with flexible attitudes and practices. The subordinates under assertive leader would perform better with fewer turnovers, absenteeism, and vacating.

Aggressive leader is often under stress and he stresses others as well. He wants to get things done quickly even though it is not urgent. He

doesn't give adequate time for his subordinates to think and plan. Thus, the end results would be repeatedly unsuccessful and short lived. Nevertheless, the assertive leader deals with stressful situations successfully and moves on. He never passes down his pressure to his subordinates unnecessarily. Subordinates under assertive leader will have a freedom to use their own initiatives and they remain contented.

Aggressive leader may not be liked or respected by his subordinates while assertive leader is often respected by subordinates. Aggressive leader is arrogant and high-handed. He does not listen or care the views of his subordinates. However, the subordinates of an assertive leader will have a say. Their team spirit is exceptional. Further, the assertive leader will command the respect of his team whereas an aggressive leader often will have to demand the respect. The subordinates under the assertive leader will feel the presence of him in absentia while the case with aggressive leader is completely opposite.

Aggressive leader tends to put down others. He underestimates the abilities and skills of his subordinates. Sarcasm, bragging, and undue toughness mixed with tardy attitude of

taking decision and making people unhappy and frustrated could be seen in him. On the other hand, the assertive leader always tries to build his subordinates up. He tends to lead by example and be flexible with guidelines. Praise, encouragements, rewarding and flexible conduct in executing the assigned tasks could be widely seen in him. He is not vengeful or vindictive. He is very direct but considerate.

The fundamental difference between assertiveness and aggressiveness is most often a self-esteem issue. Proper leadership qualities and leadership learning encompassed with an impeccable character make leaders to strike a balance. Unfortunately, the problem is, some leaders have confused themselves in their approaches on leading men and women. Assertive leaders who are always open, sensitive, and polite will be remaining in the hearts of the people whom they have commanded than the abrasive leaders who are aggressive.



Maj Gen Keerthi Kottawatta
RWP RSP USP
Director HR & HL, Psy Ops AHQ

Helping the Needy...

62 Infantry Division



Under the guidance and directorship of the General Officer Commanding of 62 Infantry Division, a programme of offering lunch for the temples and dry ration distribution for underprivileged families in the area under command to 62 Infantry Division, was held on the most venerated Vesak Poya Day with the assistance of the Infantry troops of the Division in accordance with the Amisa Pooja (ritualistic offerings).



Adding a New COVID-19 Treatment Centre...



The improvised ward complex of Army Hospital located in the region of Security Forces (Mullaitivu) for the indoor treatments of the COVID-19 infectees was declared open by the Commander Security Forces (Mullaitivu), Major General RPDU Rajapakse RWP RSP on 16 June 2021. The required facilities for this ward including beds, mattresses,

pillows and others needful were contributed by the Sri Lanka Podujana Engineeru Peramuna (Sri Lanka Peoples' Engineers Front) and Medical Officers.

The construction assistance was provided by the troops of all units established under Forward Maintenance Area (Mullaitivu).

Reliefs for the Displaced People Hit by the Flood...



144 Infantry Brigade

Vast majority of the residents of Kotuwila, Kaduwela, Welivita, Wekkawatta and Bogahawatta Road and St. Anthony Road areas in the Kollonnawa Divisional Secretariat and the 144 Infantry Brigade region were displaced by the recent floods.

480 water bottles were distributed among the

displaced residents by the 2 (V) Sri Lanka Light Infantry troops on the instructions and the guidance of the Commander Security Forces (West) Major General HLVM Liyanage RWP RSP ndu and the General Officer Commanding of the 14 Infantry Division.





Abandoned Paddy Store Complex Turns to an Intermediate Care Centre...



Converting an abandoned paddy store complex, belongs to the Paddy Marketing Board in Meethotamulla into a fully equipped COVID-19 Intermediate Care Centre with 500 beds, was successfully carried out with the immense contribution of the 1 Engineer Services Regiment and 2 (V) Sri Lanka Light Infantry troops last week.



The Care Centre was renovated under the instructions of the Commander Security Forces (West) Major General HLVM Liyanage RWP RSP ndu and handed over to the Divisional Secretary, Kollonnawa by the Commander of 144 Infantry Battalion on 16 June 2021.

Successful Completion of an English Language Course...



The English Language Course conducted over a period of one month on the instructions of Colonel Commandant of the Sri Lanka Signal Corps for the Signal Officers in order to improve the English Language proficiency marked the successful conclusion on 15 June 2021.



The Commandant of the School of Signals, Colonel SJKD Jayawardene USP psc glamourised the certificate awarding ceremony being the Chief Guest of the colorful event held at the Mercury Hall in the School of Signal Regiment.



SECURITY FORCES (JAFFNA)

Gifting the Nation a Fully Equipped COVID-19 Intermediate Care Centre...



The fully equipped Intermediate Care Centre established in Nawatkuli area to facilitate the treatments for 200 COVID-19 infectees were officially handed over to the Health Authorities on 15 June 2021 by Commander Security Forces (Jaffna) and Coordinating Officer for the Prevention

of COVID-19 Spread, Major General WLPW Perera RWP RSP ndu.

Public Officers, Commanders of the 51, 52 and 55 Infantry Divisions, Brigadier General Staff of Security Forces (Jaffna) graced the event with their valuable participation.

Step to Keep the Beaches Clean...



14 & 61 Divisions



A beach cleaning campaign was launched by the 14 and 61 Infantry Divisions on 15 June 2021 to keep the beautiful beaches of Ulhitiyawa, Kolinjaliya, Poruthota and Gurubawila clean.



Distributing Dry Rations...



A community welfare programme of distributing dry rations to the widowed and self-quarantine families in Rajagamum Village in Karaweddi, the region of 4 Sri Lanka Sinha Regiment and 551 Infantry Brigade was held on 5 June 2021. The Commander of 551 Infantry Brigade, Commanding Officer of 4 Sri Lanka Sinha Regiment, Public Health Inspector of the area, Officers and Other Ranks participated in the event.



112 Infantry Brigade

Operation in Narangala Mount...



An emergency operation was launched to rescue a fallen tourist from the Narangala Mountain in Badulla under the instructions of the Commander of 112 Infantry Brigade with the assistance of Officers and Non Commissioned Officers. His body was found in a 1000 feet deep trench.



1 Sri Lanka Army General Service Corps

Towards a Green - Friendly Country...



100 Mee plants (Nation's Manure Tree) were planted in the paddy land of Panaluwa Farm under the patronage of Commanding Officer of 1 SLAGSC Colonel CS Demuni on 17 June with the coordination of the Department of Regional Agrarian Services in Thunthana, Hanwella and Regional Forest Office.

This campaign was initiated in line with the "World Day to Combat Desertification and Drought" scheduled on 17 June 2021 and "Thuru Mithuru Nawa Ratak" (Green Friendly – New Country) concept of the Commander of the Army.



Providing Relief for the Low-Income Families...



On the instructions of Commander 231 Brigade, Brigadier VMN Hettiarachchi, a distribution of Rs. 2500 worth dry ration parcels and mid day meals among the low-income families in Kockkadicholeyi and Manikadu South in Batticaloa District got underway on 11 June 2021 with the intention to provide a relief to the families affected by the

prevailing COVID-19 travel restrictions in the country.

The Commander and Civil Affairs Officer, 231 Brigade, the Commanding Officer 11 Sri Lanka Sinha Regiment, Officers and Non Commissioned Officers were present at this event.



Initiating the Production of Organic Manure...



As per the concept of HE the President and guidance of the Commander Security Forces (East) Major General CD Weerasooriya RWP RSP ndu, organic manure production project was initiated on 16 May 2021 by the 5(V) Sri Lanka Women's Corps. The Non Commissioned Officers of the Corps are ready to produce 160,000 kg of organic fertilizer under the

project with the supervision of Commanding Officer Major Lasantha Rathnapala.

The ongoing project implemented in the Security Force Headquarters (East) produces manure using bio-degradable waste in the camp.



Gift for Expecting Mothers of the Nation...



In order to strengthen the goodwill and the reconciliation between the Sri Lanka Army and the civilians, dry ration packs were distributed among the expecting mothers of low-income families in the area by the 12th Battalion of Sri Lanka National Guard on 10 June 2021.

The Grama Niladhari divisions of Eralakkulam, Weppawadduwan, Mailawadduwan, Kudambile and Perillaweli were covered through this community project funded by various donors of the area. Commanding Officer, 12th Battalion of Sri Lanka National Guard and the Officers graced the event.

COVID-19 Vaccination Programme in Nuwara Eliya...



A vaccination programme targeting the staff of the Nuwara Eliya Economic Centre was launched by the Officers and Non Commissioned Officers of 3 (V) Sinha Regiment established in the general area of 112 Infantry Brigade in line with the COVID-19 Vaccination Programme of the country on 26 June 2021.



Altar of the Heroism

Sri Lanka National Guard

On 01 November 1989, all the prominent battalions deployed for the VIP guard were amalgamated and the first Guard Battalion was upgraded as a new battalion of the Sri Lanka Army Volunteer Force. Then, the troops engaged in providing active contribution to safeguard the border villages and active operations. Following is the description of the War Heroes Memorial established in the Regimental Headquarters of Sri Lanka National

Guard in Kurunegala, Wayamba District.

27 Officers and 1212 Other Ranks from 1 – 37 Sri Lanka National Guard sacrificed their valuable lives for the sovereignty, territorial integrity and unity of the motherland.

The War Heroes' Monument established at the Regiment premises in memory of the fallen War Heroes who sacrificed their valuable lives in the



O/3458 LIEUTENANT WVDVP
ABEWARDANA
MAHENDAPURA, TRINCOMALEE
09 JUNE 1992



S/4Q00032 LC CHANDRASIRI M
VAVUNTYA
04 SEPTEMBER 1990

name of Sri Lanka National Guard reviving their militancy was inaugurated by Chief Defence Staff Major General UBL Fernando RWP RSP ndu upon the invitation of Brigadier AC Obesekara, Colonel of the Regiment of Sri Lanka National Guard on 1 November 2007.

The preliminary concept behind the establishment of the Ranaviru Upahara Memorial is as follows:

Demonstrating the heroism, loyalty, honesty and bravery of a great soldier who sacrificed his life to protect the sovereignty and territorial integrity of our motherland belonging to all the Battalions of the Sri Lanka Army National Guard. This regimental monument was erected to commemorate the sons of the nation who were awarded the “Desha Puthra Sammanya” (Patriotic Medal) for their example as heroic soldiers until they were wounded and left the battlefield.

The names of the 27 Officers and 1212 Other

Ranks sacrificed on behalf of the motherland are crafted in this War Heroes' Monument and floral tribute is offered remembering them all in line with the Regimental Day (01 November).

The following basic values are represented in the regimental War Heroes' Monument;

- Two Lion Statues of Yapahuwa on either side of the monument - symbolise pride, majesty and courage of the Sri Lanka National Guard and Wayamba Region.

- The Pond - represents the immense mission of the valiant warriors holding hands on the motherland surrounded by the sea. This conveys a peaceful mind which fits to pay homage to the noble men of the nation.

- The Trinity of War Heroes and the Four Pillars represent the protection of Sri Lanka from all four sides.

- Trio of Armed War Heroes - demonstrates the heroism, loyalty and sincerity of the war heroes who fought for their motherland and united her as heroic sons until they were severely wounded and left in the battlefield, portraying the relentless heroism of a hero who, completed the basic combat training, entered the battle, fought and defeated the enemy risking his life as a brave hero, and fulfills his lofty responsibilities by directing his keen attention and observation to cover all four directions.

- The towers pointing towards the sky and the 09 rings illustrate the optimistic hopes of posterity of the nation through the valuable sacrifices of War Heroes of Sri Lanka National Guard and protection of all 09 provinces.

- The front monument in the shape of a lotus flower made of brass reflects light to their souls with wreaths at the commemoration of the War Heroes.



Regimental Centre
Sri Lanka National Guard

Best Wishes for the New Appointments...



**Major General
SPKG Pilapitiya RWP RSP USP**
Assumed office as the Commander Security
Forces (Mullaitivu)
on 23 June 2021



Brigadier HMHN Herath
Assumed office as the Commander of
Forward Maintenance Area (Kilinochchi)
on 22 June 2021



Brigadier GA Munasinghe RSP
Assumed duties as the Commandant of Basic
Ordnance Depot
on 18 June 2021



**Brigadier KKGK Kodithuwakku RWP
RSP**
Took over duties as the Brigadier
General Staff of
Security Force Headquarters (Kilinochchi)
on 31 May 2021



Brigadier DMK Chakrawarthi RSP
Took over his office as the Brigadier (Coord)
of Security Force Headquarters (East)
on 11 June 2021



Brigadier GB Liyanage RSP
Took over his office as the
Centre Commandant of Sri Lanka Army
Agriculture and Livestock Corps
on 29 March 2021



Colonel KGUT Jayasinghe
Took over duties as the Colonel (A 1) of
Logistics Headquarters
on 02 June 2021



Colonel PWMMD Wijerathne RSP USP
Took over the office as the Colonel (Admin/
Log) of 64 Infantry Division
on 10 June 2021



Colonel MMMP Mahesh Kumara
Took over his office as the Colonel (Admin/
Log) of the Security Force Headquarters
(Mullaitivu)
on 31 May 2021



Colonel SDNC de Silva
Took over his office the Colonel (Admin/Log) of the Security Force Headquarters (Kilinochchi) on 31 May 2021



Colonel URIB Ranthunga RSP USP
Assumed duties as the Colonel (Coord) of 68 Infantry Division on 09 May 2021



Lieutenant Colonel MTI Gunawardene RSP psc
Took over his office as the General Staff Officer I (Ops) of the Security Force Headquarters (Mullaitivu) on 14 June 2021



Lieutenant Colonel SWPMHR Senadheera RWP USP psc
Took over duties as the General Staff Officer I (Ops) of 64 Infantry Division on 31 May 2021



Colonel JMWVK Jayalath RWP RSP USP
Took over his office as the Colonel (Coord) of the Security Force Headquarters (Mullaitivu) on 10 June 2021



Lieutenant Colonel SUB Pilimathalawa psc
Assumed duties as the General Staff Officer I (Coord) of the Security Force Headquarters (East) on 12 June 2021



Colonel KGKH Wijewardhana RSP USP
Assumed his duties as the Deputy Director of Medical Services of the Directorate of Medical Services on 09 June 2021



Major HKCK Hettiarachchi
Assumed office as the Commanding Officer of 3 Engineer Services Regiment on 16 June 2021



Major KHD Mendis
Assumed duties as the Commanding Officer of 2 (V) Sri Lanka Army General Service Corps on 24 June 2021



Major NPEN Nerangama USP Lsc
Assumed duties as the Commanding Officer of 2 Sri Lanka Corps of Military Police on 28 June 2021



Major RPA Rohana Lsc
Took over duties as the Commanding Officer of 10 (V) Engineer Services Regiment on 14 June 2021



Remarks of a Tour...

Major General HP Ransinghe RWP RSP ndc, Commander of Security Forces (Wanni) paid a visit to 4 (V) Sri Lanka Army Women's Corps on 20 June 2021. Lieutenant Colonel Subahsh Silva, the Commanding Officer warmly welcomed the Commander of Security Forces (Wanni). Addressing all in the unit, he explained the challenges and actions to be taken when establishing the National Security. Officers including Brigadier (Admin/Quartering), Security Force Headquarters (Kilinochchi) participated in the event.



RANAVIRUWA

COMPUTER FONTS, COVER DESIGN AND PAGE LAYOUT

S/ 752158 WO11 Senarathna GC - 3 CES

S/ 753797 Cpl Kumarasinghe MGAM - 11 CES

S/ 754676 L/Cpl Lakshilina WR - 11 CES

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SLAGSC



Inspection Visit to the New Operation Room...

The state-of-the-art new digitalised Operation Room, established under the conceptual initiative of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the National Operations Centre for Prevention of COVID-19 Outbreak (NOCPCO) was inspected by General (ret'd) Kamal Gunaratna (Ret'd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence and Secretary to State Ministry of National Security and Disaster Management on 30 June 2021.

This well-equipped Operation Room is consisted with the most modern signal and digitally-advanced technical accessories, and have the ability to spot all ground level troop locations and deployments. The necessary instructions could be transmitted within seconds in the event of any emergency or natural disaster.





Eyes Gazed Forward

“

Tiredness and
uniformity
are common in battlefield.
The eyes of War Heroes
are gazed forward
bearing all
at the hour of danger.
Their target remained
unchanged
even at the verge of hunger as
They have
a mission
to accomplish ”