



# RANAVIRUWA

MAY 2021 • 1<sup>st</sup> EDITION

## NATIONAL WAR HEROES' DAY COMMEMORATION







# COMMEMORATION OF THE HISTORICAL DAY

The Victory Day alias the 12<sup>th</sup> National War Heroes' Day Commemoration Ceremony (Jathika Ranaviru Semaruma) which respectfully recalls the cherished memory of patriotic War Heroes of the Army, Navy, Air Force, Police and Civil Security Department who sacrificed their precious lives for the country's unity, sovereignty and territorial integrity, was held on 19 May 2021 at Battaramulla National War Heroes' Monument.

HE the President Gotabaya Rajapaksa, Commander-in-Chief of the Armed Forces as the Hon Chief Guest, Hon Prime Minister, Governor - Western Province, President's Secretary, Secretary of Defence, Chief of Defence Staff and Commander of the Army, Navy & Air Force Commanders, Inspector General of Police, Chairperson - Ranaviru Seva Authority and a host of beloved relatives of the fallen War Heroes participated in the ceremony.

During this dignified and solemn ceremony, War Heroes of the Army (23,962), Navy (1160), Air Force (443), together with 2598 Policemen and 456 Civil Security Department personnel, who made the supreme sacrifice in the battle against LTTE terrorism before May 2009 were respectfully remembered.









## PROVIDING HUGE STRENGTH, THE BIGGEST COVID HOSPITAL WAS ESTABLISHED

HE the President Gotabaya Rajapaksa upon the invitation 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 Operation Centre for Prevention of COVID-19 Outbreak, declared open the new Intermediate Care Centre (ICC) cum Hospital with 1200 beds which was established in Seeduwa with the generous sponsorship of the Army Seva Vanitha Unit (ASVU) for COVID-19 infectees on 18 May 2021.

The improvisation of the country's biggest ICC cum Hospital in Seeduwa, with three large wards in less than 10 days is a collective effort of several Army regiments including differently abled War Heroes as a result of the generosity extended by Mr Ashroff Omar, Chief Executive Officer (CEO), Brandix.

The ICC cum Hospital is equipped with all vital health facilities, such as the state-of-the art facility with emergency treatment unit, isolation sections, resuscitation units, ICU, medical stores, etc to face with any contingency in the wake of resurgence of the 3<sup>rd</sup> COVID-19 wave in the country with the intention of giving the best emergency healthcare to affected Sri Lankans free of charge.

The project was fully backed by the Army Seva Vanitha Unit (ASVU), especially with the directions of Mrs Sujeewa Nelson, President, ASVU in providing all necessary accessories, utensils, tools, linen, flasks, cups and plates, pillows, etc. and all the requirements of the patients.





## INSPECTION VISIT TO ICC CUM HOSPITAL, SEEDUWA

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak, inspected the country's biggest Army-improvised COVID-19 Hospital in Seeduwa, on 8 May 2021.

The COVID-19 Hospital in Seeduwa, was fully backed by the Army Seva Vanitha Unit (ASVU) with 1200 beds, consequent upon the generosity, extended by Chief Executive Officer (CEO) Brandix Group, Mr Ashroff Omar. The especialty of this first-ever biggest COVID-19 Hospital in the country is, that it was improvised by the Army in less than a week to be in line with the government's decision to increase the bed-capacity all over the country.







## CONSTRUCTIONS OF THE ARMY HOSPITAL IN PALLEKELE AT FINAL STAGE

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak, made an inspectional visit to the newly constructed Army Hospital Complex in Pallekele on 23 May 2021.



## ADMIRATION OF THE PROGRESS OF CONSTRUCTIONS AT IDALKANDA INTERMEDIATE CARE CENTRE

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak, along with a team of senior officers made an inspectional visit to the Intermediate Care Centre (ICC) site at Idalkanda, Elpitiya.

During the visit, the Commander inquired the progress of the constructions of the hospital which is at the final stage and shared his views with the troops working at the site.







## SPECIAL INTENSIVE CARE UNIT (SICU) OPENED IN MULLERIYAWA

The Special Intensive Care Unit (SICU) at the Colombo East Base Hospital in Mulleriyawa was declared open on 21 May 2021 by Hon Minister of Health and Indigenous Medical Services, Mrs Pavithra Devi Wanniarachchi, together with General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak and Chief Executive Officer/ Director, Seylan Bank PLC Mr Kapila Ariyaratne. At present, 8 wards with 150 beds for exclusive treatment of COVID-19 patients are functional and the new SICU remained a long-felt requirement of this Colombo East Hospital.

Sponsored totally by the management of Seylan Bank PLC with generous support of its staff, the new SICU was completely constructed by 1 Corps of Engineer Services (ICES) troops of the Sri Lanka Army while offering technical expertise and human resources, saving a large chunk of funds to the state coffers, contrary the estimation in the original plan.







## INSPECTION VISIT AT THE VACCINATION PROGRAMME IN PITAKOTTE

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak, made a visit to observe the vaccination programme in Colombo on 12 May 2021. Accordingly, the Commander inspected the Army Seva Vanitha Unit-managed Vaccination Office, Pitakotte.







## 10 ICU BEDS TO ARMY-IMPROVED ICC IN SEEDUWA

The management of Upfield Sri Lanka Pvt Ltd gifted 10 Intensive Care Unit (ICU) beds to the Army for use in the new Intermediate Care Centre (ICC) established in Seeduwa, on 17 May 2021.

Mr. Anuruddha Aluvihare, Country Head and Customer Development Director, Upfield Sri Lanka Pvt Ltd after meeting General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak at the Army Headquarters symbolically presented one such bed.





## PORTABLE MEDICAL RO MACHINE FOR THE ARMY HOSPITAL

The Softlogic Life Insurance PLC, extending its appreciative support for unmatched roles of Army personnel in the fight against COVID-19, gifted a portable Medical Reverse Osmosis Machine for use of COVID-19 affected dialysis patients at the Dialysis Unit at Army Hospital, Colombo on 24 May 2021.

The donation, valued at about Rs 5 lakhs was received 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 Operation Centre for Prevention of COVID-19 Outbreak after calling at the Army Hospital, Colombo.

## LANKA NATURE POWER & ROUGH T-SHIRTS COMPANY GIFT PREPARATORY NEEDS FOR NEW CARE CENTRES



Sensitive to the COVID-19 emergency preparations, being made by the Army, a three-member team of executives from Lanka Nature Power & Rough T-Shirts Company after meeting General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak on 04 May 2021 gifted 7,800 meters of white cotton fabric to be used for bed sheets, bedspreads and pillow cases in newly-improvised Care Centres for potential patients.





## DISCUSSION ON FACILITIES AT MATERNAL & CHILD UNIT SEEDUWA

A combined team of senior medical experts on maternal and child health, including Dr (Mrs) H.S. R Perera, Deputy Director General of Health Services, Dr (Mrs) Chithramalee de Silva, Director of Family Health Bureau, Prof Dr Samantha Rajindrajith, Consultant Paediatrician, Dr Surantha Perera, Consultant Paediatrician and Dr Sanath Lanerolle, President of Perinatal Society of Sri Lanka called 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 Operation Centre for Prevention of COVID-19 Outbreak on 24 May 2021 at the Army Headquarters. The team of veterans discussed the possibilities of getting the best care for pregnant women and children with special needs, at Seeduwa Intermediate Care Centre cum new Hospital, amid looming COVID-19 threat.



## HUGE BUDDHIST FLAG, TO EXHIBIT AT ARMY HQ BUILDING FOR 'VESAK'

A creative and decorative Buddhist Flag, crafted by an Army Senior Non-Commissioned Officer on account of the Vesak Commemoration was presented 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 Operation Centre for Prevention of COVID-19 Outbreak at the Army Headquarters.

The huge Buddhist flag, 100X50 ft in size, expected to decorate the Army Headquarters main building during Vesak was creatively produced by Sergeant KKM Pushpakumara of Sri Lanka Corps of Military Police.





## WARM WISHES FOR A DIGNIFIED CAREER

A group of new Major Generals, just elevated to their next two-star rank parallel to the 12<sup>th</sup> National Victory Day Commemoration 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 Operation Centre for Prevention of COVID -19 Outbreak at the Army Headquarters on 19 May 2021 and received their new insignia from him.

Accordingly, 12 Major Generals including Major General GD Sooriyabandara USP, Major General SPAIMB Samarakoon Hdmc Lsc, Major General DPU Gunasekera RWP USP IG, Major General KRKKT Bandara RSP USP, Major General UD Wijesekera RWP RSP USP Rcds psc, Major General WHKS Peiris RWP RSP USP ndu, Major General LDSS Liyanage RSP USP psc Hdmc, Major General MK Jayawardena RSP USP ndu, Major General MGTD Rathnasekara USP, Major General KHK Kottawatta RWP RSP USP, Major General WRMM Rathnayake RWP RSP USP ndu and Major General WBWMRSP Aluvihare RWP RSP paid their courtesies to the Army Chief.

## BANGLADESH HIGH COMMISSION'S DEFENCE ATTACHÉ MAKES COURTESY CALL ON COMMANDER OF THE ARMY



Commodore Mohamed Shafiul Bari, Defence Attaché in the High Commission of Bangladesh in Sri Lanka made 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 Operation Centre for Prevention of COVID-19 Outbreak at the Army Headquarters on 05 May 2021.

The discussions focused on sound bilateral relations that prevail between both military organizations and possibilities for further improvement with training modules for tri servicemen in Sri Lanka, in addition to what has already been granted by the Bangladesh Army.





## **EVALUATING OF FUNCTIONAL ASPECTS AT SEEDUWA ICC**

Mrs Sujeewa Nelson, President of the Army Seva Vanitha Unit (ASVU) conducted a brief introduction on the health, sanitary, medical and welfare facilities and administrative structure to the team of senior medical experts who undertook an inspection tour on 25 May 2021 to the Intermediate Care Centre cum Hospital, Seeduwa. This Army Seva Vanitha Unit-converted, and Army-improvised ICC (Intermediate Care Centre), is equipped with 1200 beds and the other facilities required for COVID-19 infectees.

This Hospital contains largest ever ICC in Sri Lanka with all modern medical facilities and accessories including Intermediate Care Unit (ICU), ETU, Isolation Section, Resuscitation Unit, medical equipment and medicine storage facilities. This collective effort was highly admired by the participants.







## GENEROUS DONATION TO SEEDUWA COVID HOSPITAL

Members of the Army Seva Vanitha Unit (ASVU), headed by ASVU President Sujeeva Nelson arrived at the Army-improvised COVID-19 Hospital in Seeduwa on 9 May 2021 and donated a consignment of pharmaceuticals, washing machines, TV sets, refrigerators, linen and other essential items for the patients to be admitted to the centre in future.

The Intermediate Care Centre cum Hospital with 1200 beds, equipped with all vital health facilities is almost ready for opening with the objective of giving the best emergency healthcare to affected Sri Lankans for free. The Army Seva Vanitha Unit (ASVU) joined hands with the project from the beginning after the Brandix Group offered the facility to the Army.



## HELPING HAND FOR EDUCATION

Donation of Tablet PCs to students of Artillery families organised by Artillery Seva Vanitha Branch took place on 13 March 2021 at Sri Lanka Army Indoor Stadium - Panagoda. 127 Tablet PCs each worth of Rs. 55,000.00 were donated for children of Officers, Other Ranks and Civil Servants of Regiment of Artillery, who are unable to proceed with distance learning through internet during the Covid-19 pandemic.

The programme was organised under the guidance and supervision of the Commandant of the Sri Lanka Army Volunteer Force and the Colonel Commandant of Sri Lanka Artillery, Major General KNS Kotuwegoda ndc IG and the President of Artillery Seva Vanitha Branch, Mrs. Shyamini Kotuwegoda and the President of the Army Seva Vanitha Branch, Mrs. Sujeewa Nelson, graced the occasion as the chief guest. Mrs. Thanuja Dias the former President of Artillery Seva Vanitha Branch donated the items. Commander, Security Forces (West) and members of the Seva Vanitha Unit participated in the event.





## ORDNANCE SEVA VANITHA BRANCH



Ordnance Seva Vanitha Branch conducted a Medical Workshop at the 3<sup>rd</sup> Regiment Sri Lanka Army Ordnance Corps, Minneriya on 20 March 2021 with the guidance of the President of Ordnance Seva Vanitha Branch.

A valuable lecture on Mithuru Piyasa Programme was conducted by the Dr (Mrs) Nisha Prasadi Fernando.



## MEDICAL CORPS SEVA VANITHA BRANCH



Blood Donation campaign organized by the Sri Lanka Army Medical Corps Seva Vanitha Branch was held on 08 April 2021 at Army Hospital, Colombo with the participation of Dr ( Mrs) Nilmini Fernando, President of SLAMC Seva Vanitha Branch.

Nearly 300 number of Officers and Other Ranks donated blood at the event.







## GROUP OF PROFESSIONALS PASSED OUT

A group of direct-enlisted officers to the Sri Lanka Army Volunteer Force (SLAVF) under the other professional category successfully completed the Professional Officers' Basic Orientation Course-10 at the Sri Lanka Army Volunteer Force Training School in Diyatalawa and formally passed out on 13 May 2021.

Those professionals, qualified in IT, Medicine, Translation and Accountancy underwent basic adaptation course and Major General KNS Kotuwegoda ndc IG, Commandant, SLAVF and Colonel Commandant, Sri Lanka Artillery graced the event as the Chief Guest.

The Deputy Commandant and Senior Staff Officers of the SLAVF also attended the occasion.





## VISIT OF DIRECTOR GENERAL GENERAL STAFF

Director General General Staff (DGGS) of the Sri Lanka Army, Major General API Fernando RWP USP visited Security Force Headquarters (Wanni) and Security Force Headquarters (Kilinochchi) during 06 and 08 May 2021.

Present situations and social welfare projects conducted by the Army in the area were taken into discussion during the visit and DGGS inspected the ammunition dumps established in the areas.

The Commander, Security Forces (Wanni), Major General DMHD Bandara RWP RSP USP and the Commander Security Forces (Kilinochchi) Major General HP Ranasinghe RWP RSP ndc participated in the occasions.



*During DGGS's visit to Wanni*



*Visiting Security Forces Kilinochchi Area*







## JAFFNA COMMANDER'S VISIT



The Commander Security Forces (Jaffna), Major General WLPW Perera RWP RSP ndu on 01 May 2021 made an official visit to the Forward Maintenance Area -North Headquarters.

Later, he addressed the Officers and Other Ranks.

The Commander visited the 4<sup>th</sup> Sri Lanka Electrical and Mechanical Engineers camp and inspected the vehicles under repair and the bicycles which have been developed for food delivering.







## SECURITY FORCES WANNI CELEBRATES VESAK

Troops under command to the Security Forces (Wanni) celebrated Vesak Festival on Vesak Full Moon Poya Day, 26 May 2021, in line with the guidance and directions of the Commander, Security Forces (Wanni) Major General DMHD Bandara RWP RSP USP. Parallel to the celebration, alms offerings for the bhikkus were conducted at Madukanda Sri Dalada Viharaya and Sri Bodhi Dhakshinaramaya in Vauniya. A Bodhi Pooja Pinkama was conducted at the Security Force Headquarters premises and the camp entrance along with the road sides were decorated with Vesak Lanterns.



## FACILITIES FOR KANAGARAYANKULAM ROAD BLOCK



Commander, Security Forces (Wanni) Major General DMHD Bandara RWP RSP USP made an inspection visit to the Road Block at Kanagarayankulam on 18 May 2021 after renovating and developing of security and accommodation facilities of the troops who perform duties at the Road Block. Troops of 16th Sri Lanka Army Sinha Regiment deployed under Security Forces (Wanni) maintain the Road Block.







## ***COMMANDER SECURITY FORCES (EAST) INSPECTS THE FACILITIES AT NOROCHCHOLAI QUARANTINE CENTRE***

In the wake of urgent transmission taking place in relation to the current 3<sup>rd</sup> wave of the COVID-19 pandemic, Commander Security Forces (East) Major General CD Weerasuriya RWP RSP ndu visited the 24 Infantry Division, Ampara and the Quarantine Centre in Norochcholai on 04 May 2021 with the intention of reviewing the status quo of undertaking the responsibility on containing the pandemic. In addition, he inspected the availability of facilities to quarantine more number of infectees in case of an emergency. The Commander Security Forces (East) had a discussion with RDHS Ampara Dr. SPAP Serasinghe and RDHS Kalmunei Dr. G Sukunan on the proper function of the mechanism executed to mitigate the spread of the virus in the area.





## **INSPECTING THE DEVELOPMENT ACTIVITIES AT BHARATHIPURAM INTERMEDIATE CARE CENTRE (ICC)**

Bharathipuram Intermediate Care Centre (ICC) was established in Security Forces (Kilinochchi) area to accommodate and treat COVID-19 patients of the third wave and the ICC is comprised with Emergency Medical Facilities and a team of medical staff.

Major General HP Ranasinghe RWP RSP ndc, the Commander, Security Forces (Kilinochchi) conducted a discussion on the possible assistance and cooperation that can be provided to enhance the facilities at ICC to strengthen the capacity of the health care system in order to mitigate the spread on 6 May 2021. Regional Director of Health Services, Director of District General Hospital Kilinochchi, General Officer Commanding 57 Infantry Division, Commander 571 Infantry Brigade and other senior officers of Army Base Hospital in Security Forces (Kilinochchi) participated in the event.







## ***ICC ESTABLISHED AT VENAVIL CAMP AND MANCHOLEI DISTRICT HOSPITAL***

Ward for COVID-19 patients at Mancholei Hospital and Quarantine Centre at Venavil Camp were renovated and converted as Intermediate Care Centres (ICC) for COVID-19 patients as per the guidance and directions of the Commander, Security Forces (Mullaithivu) Major General RPDU Rajapakshe RWP RSP.

Commander, Security Forces (MLT), General Officer Commanding of 68 Division and the Senior Officer of 68 Division and Commanding Officer of 18 Vijayabahu Infantry Battalion participated in the inspection of the IC Centres.





## ***DISCUSSION ON PREVENTION OF COVID-19***

A discussion presided by the Commander, Security Forces (West) Major General HLVM Liyanage RWP RSP ndu on prevention of the COVID-19 with its rapid transmission was held on 14 and 20 May 2021 at Security Force Headquarters (West) conference hall. The maintenance of the Army improvised Intermediate Care Centres (ICCs) and Quarantine Centres (QCs) and the importance of conducting awareness programmes on health protection methods for Officers and Other Ranks, were taken into discussion.

General Officers Commanding, Brigade Commanders, Directors of the Directorates established within the Army Cantonment Panagoda, Colonels of the Regiments and Commandant of Army Physical Training School under Security Forces (West), Area of Responsibility participated in the discussion.

## **SUPERVISING THE RENOVATING ACTIVITIES**



A split in the Kelani River bund in Polaththawa, Hanwella area occurred due to prevailing adverse weather condition of the area. Accordingly, troops of 10 Sri Lanka National Guard renovated the river bund as per the guidance of Major General HLVM Liyanage RWP RSP ndu, Commander, Security Forces (West) with the supervision of General Officer Commanding of 14 Infantry Division and Commander 142 Brigade.





## INTERMEDIATE CARE CENTRE IN NUWARAELIYA



The troops of the 3<sup>rd</sup> Battalion Sri Lanka Sinha Regiment recently improvised an Intermediate Care Center (ICC) to accommodate 275 COVID-19 patients (275-Beds) at Thondaman Cultural Centre - Kotagala, Nuwara Eliya. With the assistance of health officers, the ICC was improvised within five days of period and the centre is facilitated with beds, mattresses, pillows and other required facilities.

ICC was established with the coordination and supervision of the Commander Security Forces (Central), Major General NR Lamaheewage RWP RSP ndu, General Officer Commanding 11 Infantry Division and the Commander 112 Infantry Brigade.

## AN OFFICERS' MESS BUILDING FOR DIYATALAWA ARMY BASE HOSPITAL

Major General N R Lamaheewage RWP RSP ndu laid the foundation stone for the New Officers' Mess Building of Army Base Hospital on 05 May 2021 at the auspicious time. Senior Officers of Security Force Headquarters (Central), Officer Commanding of the Army Base Hospital, Officers and Other Ranks were participated in this ceremony.





# Keys for a Successful

## Military Wedlock



Soldiers' thoughts are literally vary from the thoughts of an ordinary man. His mentality is molded upon his education. What would a brave heart of a charismatic leadership seek from marriage is yet arbitrary. However, it is definite that every heart would seek love and respect from the marriage. Thus the advice towards the better marriage life of a soldier shall be carefully given. However, following tips may help to have a successful military relationship.

### Spiritual Understanding between each other

To build a strong, loving marriage, you have to have better spiritual understanding between each other. It is not easier to grow the mutual understanding at the very beginning of a relationship between different individuals. In fact, material development cannot be considered alone as a foundation towards a better wedlock. Therefore, spiritual satisfaction is required to inculcate the spiritual

understanding. Although it is unclear, having this trait leads your life toward the positivity.

### Trust as a foundation

Trust in an intimate relationship is rooted in feeling safe with another person. Infidelity, lies, or broken promises can severely damage the trust between a husband and wife. That, however, does not necessarily mean that a marriage can't be salvaged. However, rebuilding trust can be challenging when there is a significant breach. But, if both partners are committed to the process, balance of the life is properly maintained. The trust strongly relies on any secular human bond, but it plays a key role between couple. However, there is no argument of having genuine trust between the couple brings happy marriage.

### Respect each other

Respect is a founding stone of any healthy relationship. The term literally means the understanding of your

partner as a whole. Respect in a relationship is reflected in how you treat each other. Even if you disagree or have an argument, you are able to respect and value each other's opinions and feelings by "fighting" fair. Respect isn't about controlling someone or making them do what you want them to do. Respect is actually about the freedom to be yourself and to be loved for who you are.

### Accurate Communication

The communication between the couple should be open and accurate. Always it is necessary to be clear at both ends to assure the accurate delivery of the message. Soldiers community is often connected through the mobile communication. Having accurate communication minimise the number of arguments which leads to fall the marital knot apart.



*Extracted from books...*



## ***DONATION OF A NEW HOUSE TO A LOW INCOME FAMILY***



General Officer Commanding of 56 Infantry Division Major General AHNSP Dunuwila RWP RSP USP laid the foundation stone for a new house to Mrs Deepika Sanjeevani residing at Mundimuruppu on 30 April 2021.

Brigade Commander 562 Infantry Brigade, Assistant Manager, People's Bank, Vavuniya, Commanding Officer 17 (V) Sri Lanka Sinha Regiment, Senior Officers and Other Ranks participated in the event and troops of 17 (V) SLSR will be providing the manpower for the construction of the house.

## **VACCINATION FOR WANNI TROOPS**



The Sinopharm vaccination programme was held on 17 May 2021 at Army Hospital Anuradhapura, Field Hospital (Wanni) and Medical Reception Station at 54 Infantry Division.

A total number of 300 Officers and Other Ranks in SFHQ (Wanni) were vaccinated with the first dose.





## A HOUSE FROM THE ARMY

A foundation stone was laid to construct a house for a low income family lives in Bakmeegama in Thusithapura area on 22 May 2021. The project is conducted by the troops of 6<sup>th</sup> Armoured Corps with the guidance and instructions of General Officer Commanding of 22 Infantry Division and the Commander 221 Infantry Brigade, Brigadier WVP Kariyawasam.

Mr. Nihal Sooriyage, Mr. Damith Kahawe and Mr. Saman Marasinghe who live in Australia provide monetary assistance for the project and troops of the Army provide the manpower.



## HELPING HAND TO 'DEMALA MAHA SEYA' RENOVATIONS



'Demala Maha Seya', a Stupa constructed by King Parakramabahu the Great in the 12<sup>th</sup> century BC lies between the Gal Viharaya (rock shrine) and Thiwanka Pilimage (image house) in the ancient city of Polonnaruwa. The Stupa was renovated by the troops of the Forward Maintenance Area - East (FMA-East) on 01 May 2021.

The project, launched under the guidance of the Commander, Security Forces (East), and the Commander, Forward Maintenance Area - East, Brigadier TM Abeyrathna RSP Lsc, was supervised by the Staff Officer 1 (Admin) FMA - East Lieutenant Colonel Nandathilaka.



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# SRI LANKA ARMY

## THAT LEADS YOUTH TO THE RIGHT PATH

Children are the lifeblood of the country, whereas youth is the life-force of the country. We always try to afford the children with the best but sometimes we all avoid the youth of the country. From time to time riots and insurrections were occurred as a result of these avoidances.

If we can afford the youths with the best as we afford to the young ones, it will be a great contribution towards the country. Whatever we said and done, each and every elder in the country has a heavy responsibility for the young generation. Government organisations as well as private organisations bear the same responsibility in different capacities. The Sri Lanka Army is one of the foremost government organisations that bears the said responsibility to a great

extent. At present, nearly two hundred thousand of the working force belong to the Sri Lanka Army. However, this group is significant when compare to the other employees since the Sri Lanka Army is the well trained, well-disciplined and the largest working force in the country.

The Army is the first responder in case of a flood, landslide, or any kind of disastrous situation, due to its training and discipline. The best example is the existing COVID pandemic situation. At the initial stage of establishing quarantine centres and at the every step taken to control the spreading of the virus, the Army has been playing the leading role. Other than that, the Army is shouldering number of development projects under

nation - building. Because of this, the Army is tasked with number of projects by HE the President during his visits to rural areas "Gama Samaga Pilisadarak". The Army possesses a skillful workforce that is able to provide labour assistance for many development projects such as Race Course – Colombo, Arcade – Independent Square, Diyatha Uyana and Lotus Tower. Establishing of a skillful, well-disciplined workforce is not an easy task.

The youths who come to join the Army will be grouped after an initial interview as per the capacities of Army Training School. The grouped recruits





are sent to Training Schools for their Basic Military Training. These groups are consisted of the young generation who belongs to various educational levels since the minimum qualification to be selected as an Other Rank of the Army is, being qualified in GCE O/L Examination. Accordingly, grooming a group of young men and women who belongs to various educational level, social backgrounds, religions and ethnicities is also another kind of war. We had an opportunity to experience the recruit training conducted by the Army for newly joint young generation at the recruit training school, Puttalam. All the activities of the recruits are carried out as per a well-planned timetable. According to the timetable, the day starts at 0615 hrs in the morning with different types of physical training such as, log exercise (done with logs), TG-56 practical tests, battle PT, obstacle crossings, etc. After the morning PT session, they get breakfast. Later on, the recruits are trained for drills, parade, march, weapon drills, as per a widely spread syllabus included with both theoretical and practical training.

In addition to the said basic training, a newly introduced session is in progress in order to update the knowledge of the young recruits on the modern world. Specially, the Chief of Defence Staff and Commander of the Army General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil has instructed all the commandants of the training schools to pay especial attention in this regard because the newly recruit soldiers are to perform both basic and secondary role and tasks since there's no war in the country. Since the present Commander of the Army has paid a special attention on uplifting the infrastructure

facilities at the recruit training centres, enhancing the allocations for training and developing the standards of the trainers thereby the newly recruited soldier who pass out from the training school will be a well-qualified person. The Army spend a considerable amount of money for each recruit from the recruited stage to the passing out in order to generate a professionally qualified soldier.

**“At present, large number of youths has become unemployed due to the COVID-19 pandemic situation. The youths who had lost their jobs have joined the Army as recruits. Among them, there are persons who belong to various categories of professions such as cooks, computer operators, etc. They say that the training they obtained from the Army is more important than the salary they got from the previous occupations since the professionalism they have gained is standard even if their freedom is limited when compared to the previous job.”**

The soldiers who join the Army at the completion of their basic military training get ample of training opportunities in both

local and military fields. Junior Leadership Training in India, Pakistan and Bangladesh, Counter Terrorism Methods Training in India/ Parachute Course/ Field Intelligence Course/ Signal Operator Training/ Security Administration Training/ Physical Instructor Course/ Battalion Support Weapon Training/ Artillery Instructor Training/ Bomb Disposal Course in Pakistan/ Infantry Higher Training in USA and Drill Instructors Course in England are some of the special foreign training opportunities they get. United Nations Peacekeeping Operations Training and Parachute Course are among the local training opportunities. Further, these soldiers get opportunities to take part in UN Peacekeeping duties in Mali, Sudan and Lebanon.

Each and every member who joins the Army is entitled for a pension. In addition they are privileged with annual salary increments, free medical facilities even for the family members including uniforms and meals, loan facilities, welfare facilities, married quarters, leave, transport warrants, etc. Due to these, it is observed that many of the young generation is willing to join the Army.

This is the true story behind the energetic youths who are under training after joining the Army to assist the nation-building task. The young generation of the country still has the opportunity to join the Army in order to render a great service on behalf of the country. The prestigious Sri Lanka Army is ready to welcome you all, wholeheartedly.



**Captain Dilanka Gunathilaka**  
Directorate of Media



## COVID-19 VACCINATION PROGRAMME IN DAMBULLA



1,500 workers, including cashiers, nattamis (Porters) and security guards at the Dambulla Economic Centre have been vaccinated against COVID-19 by the Medical Officers and troops of the 5<sup>th</sup> Sri Lanka Army Medical Corps in line with the guidance of District Coordinator of Matale District for the National Operation Centre for Prevention of COVID-19 Outbreak, Major General SUMN Manage WWV RWP RSP psc on 27 May 2021.

Honourable Minister Janaka Bandara Tennakoon, Member of Parliament Pramitha Bandara Tennakoon and the Medical Staff of Matale District participated in the event.



## COMMUNITY CARE PROGRAMME IN SILAWATHTHA

Officers and Other Ranks of the 24<sup>th</sup> Sri Lanka Army Sinha Regiment offered lunch for the 20 children (girls) at 'Ladani Children's Home' in Silawaththa on 16 May 2021.





## ***TREE PLANTING CAMPAIGN AT NANDANKANDAL ARMY CAMP***

Parallel to the Army headed project of “Thuru Mithuru Nawa Ratak” by the Commander of the Army, troops of 652 Infantry Brigade planted 200 number of mango, lemon, cashew and guava saplings in the 652 Brigade Headquarters premises.

The programme was conducted with the direction of the Commander Security Forces (Wanni) and, Commander 652 Brigade, Senior Officers, Officers and Other Ranks of the Brigade HQ participated in the event.



## **RO PLANT TO THABBOWA VILLAGERS**

A new Reverse Osmosis (RO) plant was installed to provide drinking water for the villagers in Thabbowa Wewa with the engineering assistance provided by the troops of Directorate of Engineer Services and manpower by the troops of 143

Brigade. The RO Plant was declared open for the villagers on 02 May 2021 by Commander 143 Brigade.

The project was conducted under fully supervision of the Commander 143 Brigade after realising that the drinking water consumed by the villagers was not clean.





## DISINFECTING PROGRAMME IN VAVUNIYA TOWN



Troops of the 17 (V) Sri Lanka Sinha Regiment under 562 Infantry Brigade launched several disinfection programmes in and around public places in Vavuniya town on 16 May 2021 in order to control the spread of COVID-19 virus. Commander 563 Infantry Brigade, Officers and large number of troops participated in the event.

## NEW ICC TO WALASMULLA HOSPITAL



An Intermediate Care Centre (ICC) improvised under the guidance of General Officer Commanding 12 Infantry Division was handed over to the staff of Walasmulla Hospital on 10 May 2021 in order to provide treatments for the COVID infectees.

Troops of 23<sup>rd</sup> Gajaba Regiment and 3<sup>rd</sup> Sri Lanka Army National Guard provided manpower for the renovation and construction of the ICC under the supervision of Commander 121 Infantry Brigade.





## MEMORIES OF THE ANNIVERSARY CELEBRATIONS

27<sup>th</sup> Anniversary of the 11<sup>th</sup> Sri Lanka Sinha Regiment was ceremonially celebrated by conducting series of military traditions and customs.

The event took place offering a Guard Turnout for the Commanding Officer. A Bodhi Pooja Pinkama was held with the participation of all ranks.



## A 'VAP MANGUL CEREMONY'

The maiden ploughing ceremony known as 'Vap Magul Uthsavaya' for the Yala Season was organized by the 1<sup>st</sup> Sri Lanka Army General Service Corps (1 SLAGSC) at the Panaluwa Regimental farm yard on 4 May 2021.

The ceremony was organized as per the direction of Commander Security Forces (West) and Commanding Officer of the 1 SLAGSC, Lieutenant Colonel C S Demuni, Officer Commanding of the Farm Yard and troops of the Regiment participated in the ceremony.



## A DONATION

Thousand kits of Personal Protective Clothing were handed over to the Deputy Inspector General Batticaloa on 14 May 2021 for the use of Police Officers who directly engage in Covid prevention operations.

Major General KANN Koswatta RWP RSP ndu, General Officer Commanding of 23 Infantry Division and Colonel Vijitha Hettiarachchi, Commander 231 Infantry Brigade participated in the occasion.





## MILITARY DISCIPLINE

Last week I was returning from Diyatalawa after some official work at SLMA. As it was a Friday, I did not go to Colombo for my work instead decided to come home to spend the weekend in Matara, my hometown. I took the route via Wellawaya as it is the shortest and the most familiar to me. By the time I was reaching Wellawaya, unfortunately my vehicle had an engine trouble. Luckily there was a garage nearby and after inspecting the vehicle, the mechanic at the garage told me that it might take about 2 to 3 hours to rectify the trouble. Then I decided to use public transport to cover the rest of the journey and directed my driver and assistant soldier to get it rectified and report to Matara camp.

Wellawaya bus stand was so crowded with weekend travellers and other passengers. I had to remain in the queue for a few minutes waiting for a bus. Then an already crowded bus came from Moneragala and stopped at the halt. With the arrival of the bus, the bus halt turned to a pandemonium with people shouting and grappling. I managed to resist and got into the bus hardly finding a space to keep my feet while my body was subjected to bending, pressing, hanging and leaning to maintain my equilibrium among the standing crowd amounting to the double the passengers who were seated. In a few minutes, bus started heading towards Matara along the harsh and dusty Wellawaya - Matara Road.

I started my journey cursing the entire transport system in the country while inhaling the smell of various kinds of perfumes mixed with sweat and spirits emanated from the passengers packed in the bus. Suddenly I noticed one passenger sitting in the seat beside me gazed at me with a friendly smile and seemed to be wanting to talk to me. I reciprocated him with a smile trying to recollect him. But nothing came to my mind about him. Suddenly he gestured me that he wanted to offer his seat to me. I was elated and flopped down on the seat thanking him with a broad smile. I thought he was about to get down. But until the bus reached Hambantota, he did not get down from the bus. Then I assumed that he is a kind hearted and considerate gentleman who wanted to share his seat. So I requested him to take his turn. Nevertheless, he politely denied the request.

By the time the bus reached Dikwella, many passengers had got down from the bus allowing this gentleman to sit next to me. Though I was bit sleepy, I had a strong urge to talk to this large hearted gentleman. I asked him why he offered me his seat despite he had to travel the entire journey. In reply, he asked me, "Sir, are you from the forces"? While telling him "Yes" with my rank and name, I questioned him whether he knows me. With some respectful tone he said that he is a retired soldier and never worked

with me or knew me. But with my features he had guessed that I am a military officer. Further he went on to say "Sir, how can I sit comfortably when one of our officers is travelling standing uncomfortably?" I felt proud and honoured for this retired disciplined soldier.

On reaching the bus to Matara bus stand both of us got down from the bus. While walking with him out of the bus halt I noticed that this ex-soldier is limping. When I asked him why he was limping, he simply said that he is an amputee. I was shocked and asked him indignantly, why he offered me his seat despite his disability. He simply laughed and said "අපේ සර් කෙනෙත් කිට්තෙන් යළිදි මට වැඩිවෙලා යන්න කිහිපයක් කළ සර්." (Heart did not allow me to be seated when one of ours standing Sir) I pat on his back gently and said goodbye to him. While waiting for the car to pick me to be taken home at the seaside in front of the bus stand, I lit a cigarette with contented mood thinking that "How lucky I am to be an officer of such a disciplined army fortified with disciplined and considerate soldiers" thanking my destiny once again for making me a military officer.



Maj Gen Keerthi Kottawatta  
Director HR & HL - AHQ  
Dte of Psy Ops (Over Looking)





## TWO HOMES FOR THE NEEDY

Construction of a new house for Mr V. Vigneshwaran and his family who are undergoing severe hardships in Mawalapaddimuruppu, Mankulam on 18 May parallel to the Victory Day, laid the foundation stone under the Special Housing Project for the needy.

On the same day, troops began completing the half-done house of Mr R.Chandrakumara and his family in Sinnasalamban, Oddusuddan. The project is sponsored by Mr Lakshman Jayamaha and Mrs Sharmani Lakshman while the troops of the 23 Vijayabahu Infantry Regiment provides much-needed manpower and technical assistance for construction work.

The General Officer Commanding 64 Division, Major General MP Karunarathne IG, the Commander 642 Brigade and troops of the 64 Division participated in events.



## OPERATION TO CONTAINMENT OF CORONA



With the intention to uplift the health conditions of the general public in the 681 Infantry Brigade area and, to enhance the civil military cooperation, a disinfection programme was conducted to suppress the rapid spreading of COVID-19 at Udayarkattu North cooperative shop complex on 16 May 2021. Troops of Alpha Company, 7 Gemunu Watch conducted this community care project.

## A RELIEF FOR CIVILIANS IN JAFFNA PENINSULA

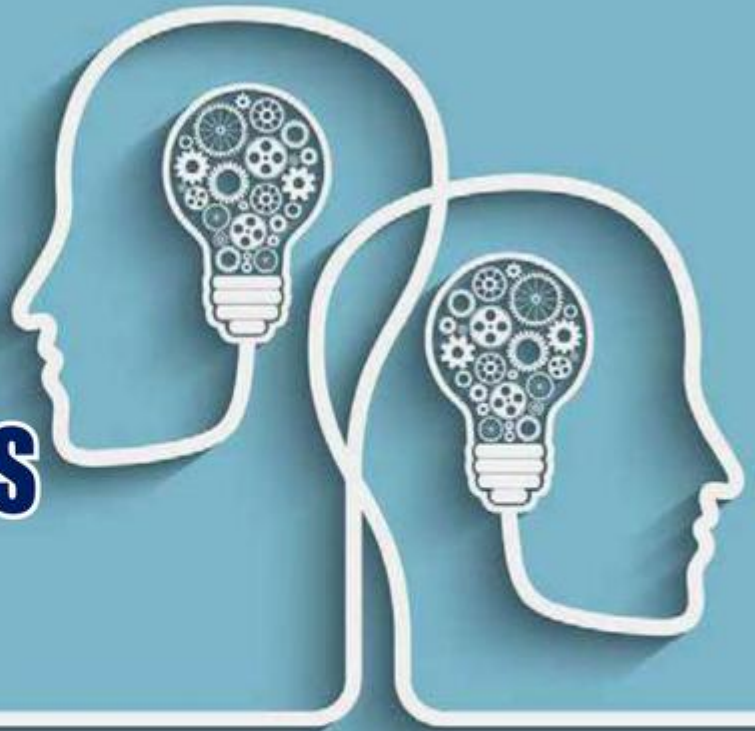


Parallel to the Vesak Full Moon Poya Day falls on 26 May, a distribution of packs of dry rations for the under privileged families in 523 Brigade area was organised by the troops of 4<sup>th</sup> Vijayabahu Infantry Regiment on the direction of Commander, Security Forces (Jaffna). The event was organised by the guidance and direction of the Commanding Officer of the 4<sup>th</sup> Vijayabahu Infantry Regiment, Major HGS Gallage psc.

The Commander, 523 Brigade, Brigadier Nishshanka Samaradivakara RSP USP, Senior Officers, Officers and Other Ranks participated in the distribution programme.



# Optimism – Seeing Things Positive



**O**ptimism is considered as a powerful weapon. This factor helps to keep you fresh and healthy. Optimistic thinking is helpful to make new friends and brings the happiness into life. Many dreams to have a better life. This is called as quality way of thinking. If you can turn your negative thoughts into positive, you can be an optimistic person leaving the pessimistic qualities behind. People are usually reluctant to the change. But a considerable strength is required to change the fossilized human behaviours.

Positive speech brings positive life. Talking and sharing the good experiences is better than talking the bad experiences. Although this type of people is limited in the society, it is better to learn the art of positive talking. Using negative words in daily chat develops a way towards negative attitude of the life.

Saying “Yes I Can” aloud may turn your negative atmosphere into positive environment. The Saththikumba Jathakaya story of two parrots represents the power of negativity. If you think that you cannot

“Smile simply and wisely

Smile but be careful of your gestures

Accept promises least

Recall happy memories

Do not let the pain to overcome your happiness

Have an open mind

Satisfy with a little you have,,





do, the same will be the result. Unpleasant thoughts always create a dizzy mind. Sharing negativity harms the actual positivity of the mind. This also makes a considerable drawback in personality. Therefore the task initiated shall be interpreted positively.

The way of individuals talk also connected with the positivity. Clarity of words of one's speech reveals, the stability of linguistic formation.

The clarity of literally wording generated with the sound positivity inculcates in the mind.

Perhaps this positive thinking is elaborated through genuine smile, simplicity may be the attractive feature of an individual. Talking in aggressive manner may not bring peace. But a word of positivity can change many areas reluctant to change. The victorious thoughts always lead a

man to positivity. The foundation of a victory is self-confidence.

Life is a collection of complexities. Therefore, open your mind for the negotiation rather than criticism. Let the others talk in your turn. Reduce criticizing others. Withdraw when need and reap the harvest of what you cultivated.



*Extracted from  
Manahara Magazine*



## ***AN INTERMEDIATE CARE CENTRE TO DAMBULLA***

Troops of the 53 Division initiated a project to improvise the Dambulla National Youth Services Building at Inamaluwa area as an Intermediate Care Centre (ICC) for treating the COVID-19 infectees. The ICC is prepared to provide treatments for the patients from 24 May 2021 onwards.

As numbers of infectees are rising, the new ICC has the ability to undertake the accommodation for more than 154 COVID-19 infectees. Its improvisation was carried out in coordination with health authorities of Dambulla Base Hospital as per the guidelines given by Major General SUMN Manage WWV RWP RSP psc, General Officer Commanding, 53 Division. The occasion was participated by the government and health authorities in the area and the Senior Officers of the Army.





## INSPECTION VISIT TO ICCS IN NILAWELI AND KANTHALE

Commanders of the 221 Infantry Brigade and 222 Infantry Brigade made an inspection visit to the Intermediate Care Centres (ICC) established at Samurdhi Officers Training Centre at Nilaweli Gopalapuram and Youth Centre, Kanthale on 10 May 2021 to treat the Covid patients in the region.

These ICCs were improvised by the troops of the Army as per the directions and guidance issued by the Government Agent Mr. Saman Darshana, the General Officer Commanding, 22 Division, Major General MKS Silva RWP RSP ndu and the Deputy Director General Health in Tricomalee District



## COMPLETING THE QUARANTINE PERIOD AT VASAVILAN

Ninety six of civilians returned from overseas were sent to Vasavilan Quarantine Centre established under 521 Infantry Brigade. After completion of 14 days quarantine period, they went to their residences in Pelmadulla, Badulla, Pothuvil, Matara, Wattalala, Mahiyanganaya and the transport facilities were provided to their destinations with packs of mid day meal, snacks and bottle of drinking water.





## DENGUE PREVENTION PROGRAMME



With the intention to control the dengue mosquito breeding and rapid colonisation of parthenium weed, a programme was conducted to clean the both sides of the Karavai Road running from Uduppiddi to Point Padro in Jaffna Peninsula on 11 May 2021. Troops of 4 Sri Lanka Sinha Regiment, 16 (V) Sri Lanka Light Infantry and the villagers participated in the programme.

## *AN INTERMEDIATE CARE CENTRE FOR MIDDENIYA*



In line with the supervision of Commander 122 Infantry Brigade the Army-improvised Intermediate Care Centre (ICC) constructed at Divisional Hospital, Middeniya was handed over to the health authorities of the hospital on 14 May 2021 to provide treatments for the COVID-19 patients.

Troops of 23<sup>rd</sup> Battalion of Gajaba Regiment, 3<sup>rd</sup> Battalion of Sri Lanka National Guard and Corps of Engineer Services Regiment provided manpower for the constructions.





# LET'S READ ABOUT HEROES IN THE VICTORIOUS MONTH

At the completion of twelve years after defeating the brutal terrorism, the 12<sup>th</sup> National War Heroes' Day Commemoration Ceremony fell on last 18<sup>th</sup> May 2021. Parallel to the ceremony, the newly published two epics related to the true accounts of Army soldiers in the battlefield, "Maranaya Medin Mullaitivu Sita" (In the Middle of Death from Mullaitivu) and new edition of 'Avibimaka Giniyama' (Heat of the Battlefield) written by Major Sujith Chaminda Edirisinghe, were launched. The author of the books, Major Sujith Chaminda Edirisinghe, also the editor-in-chief of the Ranaviruwa Magazine presented the books to the Chief of Defence Staff and Commander of the Army at the Army Headquarters even though the scheduled book launch was unable to be held due to COVID – 19 restrictions imposed in the country. The books flashback the untiring effort and heroism of the war heroes who sacrificed their lives at the face of enemies. Each and every member of the Army as well as the Sri Lankans who spend their lives in a peaceful environment should read these masterpieces in order to experience the genuine physical and mental agony endured by the soldiers in the dreadful battlefield.

Northern and Eastern lands of the island, which were covered with the horror of three decades embedded with long brutal war, stay calm and silence at present. Numerous hidden and untold stories of unpopular heroes are buried under the concrete layers which have been covered the Northeastern soil with the commencement of giant development projects. The praiseworthy effort of the writer who tried to voice those unvoiced brave hearts whose footprints, tears, blood, sighs of sorrow had been hidden forever, is to be absolutely admired.





LTTE attack took place in July 1996 is one of the crucial drawbacks faced by the Army during the three decades of war history. Approximately 1,400 soldiers sacrificed their lives and the damages caused for the properties of the Army was numerous. However, the most unknown factor is that there were many soldiers who fought against the terrorists in fearless manner until their last breath and few of them were able to save their lives and returned to the own force despite the matter how powerful the enemy was. Amongst the few those who saved their lives, were an officer from the 6th Vijayabahu Regiment and 20 other soldiers. Ten of them were able to save their lives by hiding inside an abundant cement tank placed on a roof of a small house situated in the middle of the camp. The soldiers, who spent number of days with no food or a drop of water, were able to save their lives by walking nearly 30 km for weeks and weeks due to their infinite commitments and dedication.



Kokavil Attack in 1990 was the most dreadful and sensitive incident in the Sri Lankan war history. Amongst the 61 personnel who were performing duties at the Kokavil Transmission Tower, 54 soldiers and 4 civilians sacrificed their lives and only 3 of them managed to save their lives. The soldiers who were with inadequate food, drinking water and ammunitions for 26 days fought against the terrorist until the last breath despite the orders given to them to vacate the camp, since they were reluctant to leave the wounded soldiers in the camp. Lieutenant Saliya Aladeniya who led the said operation was posthumously promoted to rank of Captain and honoured with a Parama Weera Vibhushanaya, being the first officer to be awarded with Parama Weera Vibhashanaya in the Sri Lankan history.

The author of the books dedicated his three years of continuous effort, dedication and research conducted in search of truth and reliable sources of facts to reveal the unknown bravery of the heroes who hidden under the soil, to extend the respect and honour of the Nation toward the lionhearted warriors who sacrificed their lives for the motherland. Contact the author via 071 0545710, 077 2649344 for more information regarding the books please.



## SOCIAL WELFARE EVENT FOR THE PEOPLE IN KILINNOCHCHI

Parallel to the Sinhala and Tamil New Year, distribution of packs of essential food items was conducted in Kilinochchi among hundred underprivileged families under 66 Infantry Division area on 09 April 2021 with the guidance of Commander, Security Forces (Kilinochchi), Major General HP Ranasinghe RWP RSP ndc.

Commander Security Forces (Kilinochchi), General Officer Commanding, 66 Infantry Division, Brigade Commanders, Commanding Officers, Senior Officers and troops under 66 Division participated in the occasion.



## TROOPS DISINFECT ACHCHUWELI TOWN

On the instructions of the Commander, Security Forces (Jaffna), a disinfection programme in and around public places in Achchuweli town along the main road across the town was conducted on 15 May 2021 in order to suppress the spread of COVID-19 virus.

The programme was conducted under the guidance of Commander, Security Forces (Jaffna,) Major General WHKS Peiris RWP RSP USP ndu and supervision of the Commander 521 Brigade Colonel MM Salwathura RWP RSP USP.







## HELPING HAND TO SUPPRESS COVID

An awareness programme on prevention of COVID-19 was conducted for the general public by the troops of 16<sup>th</sup> Sri Lanka Light Infantry and 4<sup>th</sup> Sri Lanka Sinha Regiment under 551 Brigade during 29 and 30 April 2021 as per the guidance and instructions of the General Officer Commanding of 55 Infantry Division. Importance and necessity of wearing a mask and maintenance of social distance was explained to the people and, a bulk of face masks was distributed among the participants.

Public Health Inspectors, Police Officers, Grama Niladhari and government officials in the area provided their assistance for this social welfare activity.



## AWARENESS PROGRAMME

Social awareness programme was organized to educate the civilians under 641 Infantry Brigade area on health precautions for COVID-19 prevention on 01 May 2021.

Commanding Officer of the 14<sup>th</sup> Sri Lanka Sinha Regiment, Lieutenant Colonel Charith Ethuldoraarachchi USP, the Officers, Other Ranks of Battalion and Public Health Inspector of Kichchilamadu, participated in the occasion.







## APPRECIATION OF SKILLS

S/677760 Sergeant Wijesinghe RD of the 6<sup>th</sup> Sri Lanka Corps of Military Police have been awarded the first place at the Army Band Leader Course conducted by Army Band and Performance Art Training School, Panagoda from 07 July 2020 to 07 April 2021, adding pride to his Regiment.

The Colonel of the Regiment of Sri Lanka Corps of Military Police, Major General LPR Premalal admired the talent of the Senior Non Commissioned Officer.

In accordance with the concept of HE the President on recruiting 20000 persons into the Army to activate the Way Forward Strategy of the Commander of the Army, the initiation was taken by recruiting 359 civilians to the basic military course. The Recruit Course is conducted at Recruit Training School – 52 Infantry Division, Vidaththapalei under fully supervision of the Commander, Security Forces (Jaffna).

It is worth to note that youths representing various ethnicities, covering all provinces in the country have joined the Army as recruits (222 Sinhalese, 98 Tamils, 39 Moors).

The Opening Address of the Recruit Course was conducted by the General Officer Commanding of 51 Infantry Division. Major General DMKDB Pussella RWP RSP and Commander, 522 Infantry Brigade, Commanding Officers under 522 Brigade participated in the ceremony.

## STRENGTH OF THE YOUTH TO SAFEGUARD THE VICTORIOUS MOTHERLAND







## ***A WORTHY DONATION FOR THE URUMPIRAI VILLAGERS***

On account of the Bak Full Moon Poya Day fell on 26 April 2021, the General Officer Commanding of the 51 Division Major General DMKDB Pussella along with Officers and Other Ranks arranged a distribution of 300 dry ration packs and mid day meals among the underprivileged families in Urumpirai South and Selwapural areas.

## **DONATIONS FOR THE NEEDY FAMILIES IN KILINOCHCHI**



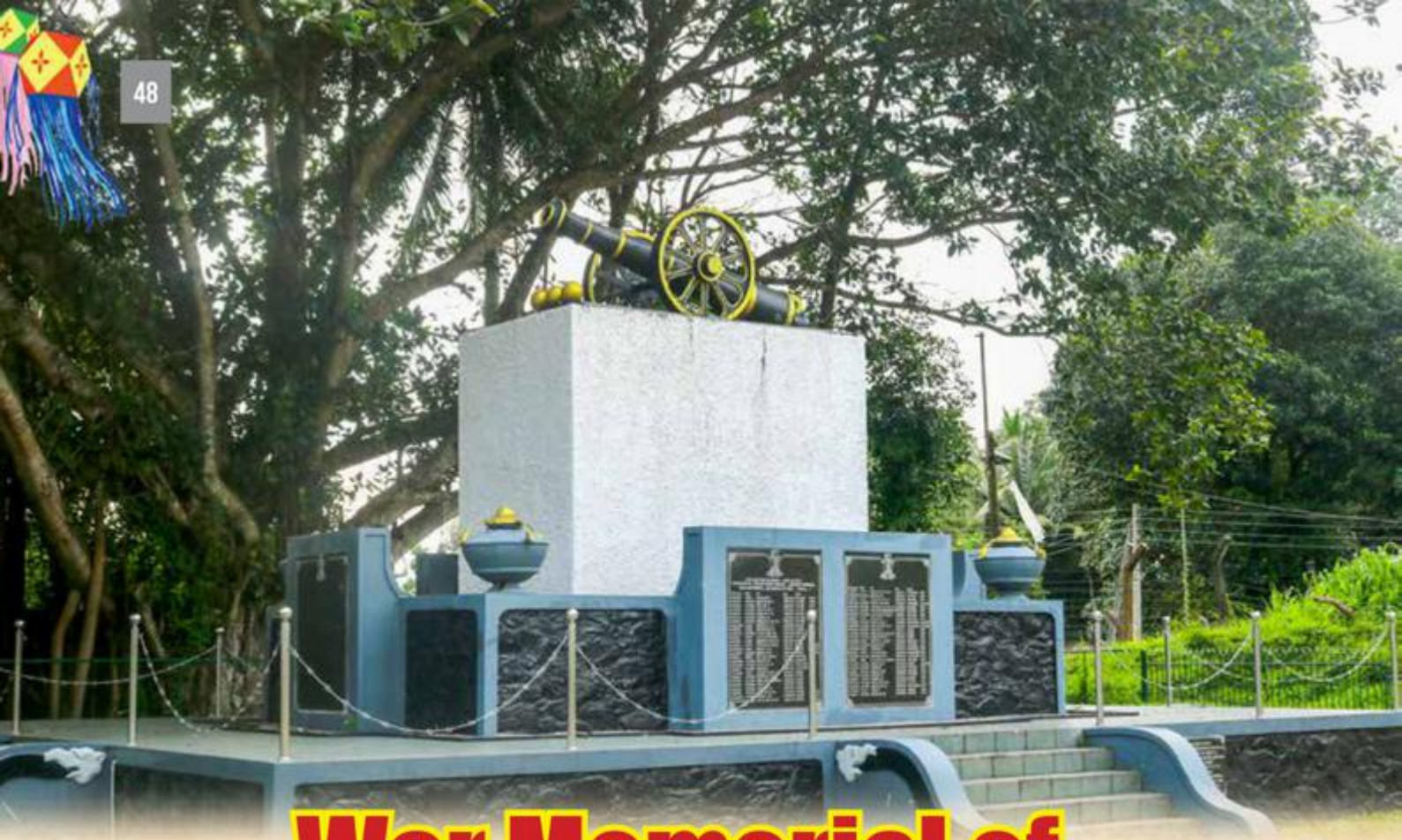
With the intention of uplifting the livelihood of needy families in Kilinochchi area while enhancing the civil - military cooperation, a distribution of dry ration packs among 64 families has been arranged as per the guidance of Commander, Forward Maintenance Area - Kilinochchi, Major General MIP Nanayakkarawasam, with the financial donations of the troops of logistic battalions in the area.

## ***SHELTER FOR A FAMILY OF A WAR HERO***



A fully constructed house at Waththegama for the family of late Sergeant Kumarasinha J of 11 Sri Lanka Signal Corps was handed over on 29 April 2021 by the Colonel Commandant of the Signal Corps Major General PAJ Peiris ndu.





# War Memorial of Sri Lanka Army Ordnance Corps

This war memorial was unveiled by the Colonel Commandant of SLAOC, Brigadier RMBP Ranasinghe USP on 12 December 2001 upon the invitation of then Regimental Centre Commandant, Colonel BPHS Mendis and the Commanding Officer of the SLAOC, Major HGI Vidyananda AATO Lsc

This cenotaph located at the Sri Lanka Army Ordnance Corps (1) – Panagoda, is established in memory of valor and gallantry of fallen war heroes of the Sri Lanka Army Ordnance Corps.



## Meaning depicted in the war memorial

**Artillery weapon and ammunitions** - The Ordnance Corps insignia depicting the concept of presenting the ordnance requirements in a timely and efficient manner

**Rectangular square** - Grandeur

**Water flowing from exterior** - Tears (tears for the dead heroes)

**Pond** - Strength (unity and togetherness on behalf of the dead heroes)

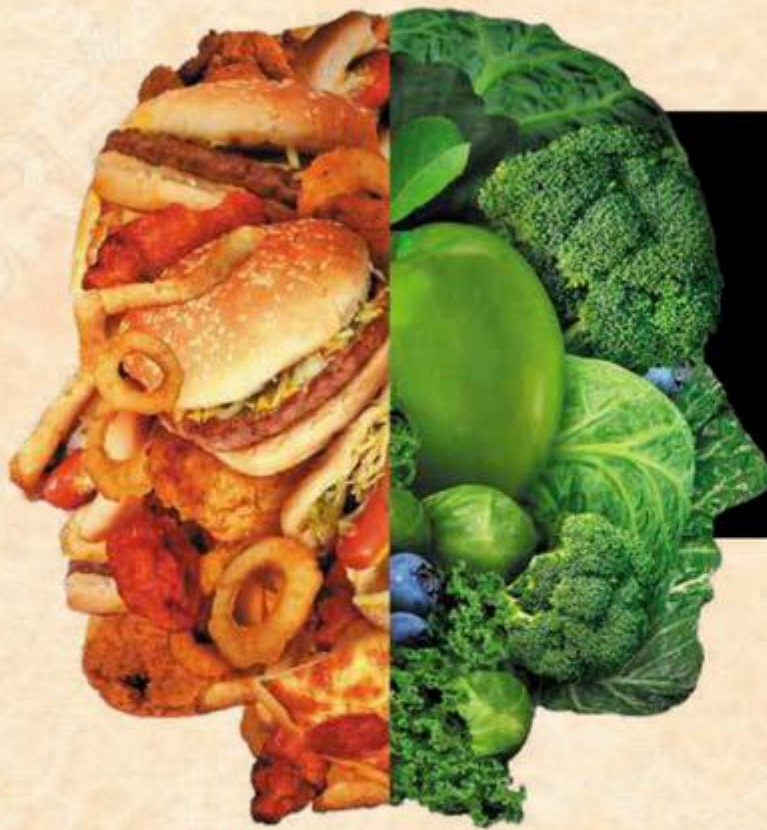
**Four pots in the four corners** - Prosperity (the prosperity achieved by the fallen heroes on behalf of their country, race, and religion)

05 officers and 56 NCOs had sacrificed their lives on behalf of the country's sovereignty.



*Presented by  
Sri Lanka Army Ordnance Corps*





## Overeating is highly dangerous habit among all addictions.

### Are you ready to shorten your life?

The present-day life is a complexity of various addictions. The shape and span of life is decided by this addiction the human made. These addictions are a result of various mental indications. Addictions can be divided into good or bad, but some addictions may even lead a man to the death.

A scientist revealed that the income of the doctor is increased in line with the number of overeating patients increases. Not only meat, eggs, butter but the sugar also caused obesity. High blood pressure, diabetics are a result of this disease. Sweet items such as biscuits, cake, ice cream bring more calories to human body which cause harmful illnesses. A considerable amount of vegies and fruits shall be included into your diet every day.

After passing the age of 40, a person must consume a considerable amount of vegies, fruits, milk and protein and vitamin contained

foods. This food habits may bring you longevity combined with healthy life.

Depression is another harmful act which shortens our long life. Thinking of same thing repeatedly may consequently lead a man towards depression. The scientists have discovered that the cells of the body die with overthinking. Accordingly, the Professor Charles H. Miao, accurate blood circulation, and nerve circulation is performed with stress free mind. Even it was hard to control, self-confidence and honesty help to control it.

Having a luxury life is a dream of many people with modern equipment. But the use of these electric appliances also leads to shorten the life span of a human. Human life requires the certain exercises in regular manner. With the use of electrical appliances, this rare chance to have a exercise dissapears. As per the Medical Specialist Jhone Yudkin, coagulation has a close connectivity with the driving.

Diabetics is another decease that caused with inadequate exercises. Walking, riding, cycling swimming are some of exercises that prevent the heart diseases. Professor Dadly White usually uses his bicycle as it prevents the heart disease. A man must walk at least three miles per day. Having these exercise may bring anyone a long life. However, it is better to have a limit for everything.



*Extracted form Manahara Magazine April 1993...*



**Ranaviruwa extends its best wishes for  
the Senior Officers who assumed duties  
at their new appointments**



**Brigadier TM Abeyratne**  
RSP Lsc

Took over his office as the  
Colonel of the Regiment of Sri  
Lanka Army Service Corps  
-on 07 May 2021



**Major General K Liyanage**  
RWP RSP ndu  
Assumed duties as the  
General Officer Commanding  
of 11 Infantry Division on  
07 May 2021



**Major General WHKS**  
Peiris RWP RSP USP ndu  
Assumed the office of General  
Officer Commanding of  
52 Infantry Division on  
29 May 2021



**Brigadier ACA de Soysa**  
USP Lsc  
Assumed duties as the  
Brigadier (Admin /Log) of  
Security Force Headquarters  
(Mullaitivu) on  
03 May 2021



**Colonel VMN Hettiarachchi**  
RWP RSP  
Assumed duties as the  
Commander of 231 Infantry  
Brigade on  
01 May 2021



**Brigadier WSN Hemarathna**  
RWP RSP psc  
Took over duties as  
the Regimental Centre  
Commandant of Vijayabahu  
Infantry Regiment on  
01 May 2021



**Brigadier SC Ekanayaka**  
RSP  
Took over duties as the  
Commandant of Suwasahana  
Residence – Abhimansala 1 on  
22 April 2021



**Colonel MLDS Molligoda**  
USP psc  
Assumed the office of Colonel  
General Staff of the Security  
Force Headquarters (Central) on  
17 May 2021



**Colonel HTW Vidyananda**  
RWP RSP USP  
Took over duties as  
the Colonel (Media) of  
Directorate of Media on  
03 May 2021



**Lieutenant Colonel**  
K Jayaweera  
Assumed duties as the  
Commanding Officer of the  
2<sup>nd</sup> Sri Lanka Rifle Corps on  
07 May 2021





**Lieutenant Colonel KAL  
Deepal RWP RSP USP**  
Assumed duties as the  
Commanding Officer of the  
5<sup>th</sup> Battalion the Gemunu  
Watch on  
20 May 2021



**Lieutenant Colonel GKV  
Dharmasena USP psc Lsc**  
Assumed duties as the  
Commanding Officer of the  
1<sup>st</sup> Sri Lanka Army Service  
Corps on  
10 May 2021



**Lieutenant Colonel HMR  
Kumara RSP**  
Assumed duties as the General  
Staff Officer (Coord) of 12  
Infantry Division on  
24 May 2021



**Lieutenant Colonel GAM  
Wickramasinghe**  
Assumed duties as the Staff  
Officer 1 (Junior Promotion)  
of Sri Lanka Army Volunteer  
Force on  
03 May 2021



**Lieutenant Colonel HKU  
Nadeeka USP**  
Assumed the office of the  
Senior Staff Officer of 122  
Infantry Brigade on  
04 March 2021



**Lieutenant Colonel NUJS  
Gunawardena**  
Assumed the duties as the  
Chief Civil Coordinating  
Officer of Security Force  
Headquarters (East) on  
14 May 2021



**Lieutenant Colonel TSBR  
Fernando**  
Assumed the the duties as the  
General Staff Officer 1 of the  
Sri Lanka National Guard on  
07 May 2021



**Major UGW Udayarathna**  
Assumed the duties as  
Commanding Officer of the  
22<sup>nd</sup> Vijayabahu Infantry  
Regiment on  
10 May 2021

## Your Articles are Welcome...



*Ranawiruwa (The War Hero)  
Magazine, the official  
monthly publication of  
the Sri Lanka Army,  
represents the wider  
Sri Lankan military  
community across the  
world in Print Media over*

*many years. The feedback of the Magazine  
assures the successful coverage of military  
events in various aspects including sports,  
literature, education foreign and history.  
Ranawiruwa is now ready to provide a  
platform for your colourful events and educative  
insights! Share your exclusive military events  
got underway in your prestigious units,  
regiments, battalions and training schools  
with us. We are ready to unleash your glorious  
story across the boundaries.*

**Editor - Ranawiruwa Magazine**





## CLEANING PROGRAMME AT WADDUWA - COASTAL AREA

Wadduwa coastal areas, affected due to debris of the damaged 'X Press Pearl' container ship were cleaned up by troops of the 9<sup>th</sup> Gemunu Watch under command to 582 Brigade under 58 Division.



### RANAVIRUWA

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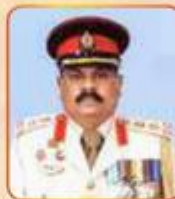
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SLAWC



**ENGLISH TRANSLATOR**

Captain KVN Lakmali  
SLAGSC



## VISIT TO SOUTHERN VACCINE CENTRES



Active engagement of the army troops is taken place at COVID-19 vaccine centres established islandwide and they performed duties at vaccine centres at Galle, Matara, Matale, Kurunegala, Anuradhapura Districts in North Central, North Western Province and Central Province. General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Commander of the Army and Head of the National Operation Centre for Prevention of COVID-19 Outbreak, inspected the Alpitiya and Habaraduwa vaccine centres on 27 May 2021.







### **WOMEN SOLDIERS TO SAFEGUARD NORTHERN AREA**

#### **"SPECIAL WOMEN'S CORPS QUICK REACTION RIDER TEAM"**

A Quick Reaction Special Rider Team, made up of woman soldiers of 7 Sri Lanka Army Women's Corps was established to assist COVID-19 prevention work and controlling process.

As per the concept of Major General WLPW Perera RWP RSP ndu, Commander Security Forces (Jaffna) and Colonel Commandant of Sri Lanka Army Women's Corps, the Women's Motorcycle Brigade has been operated under the supervision of the Commanding Officer, 7 Sri Lanka Army Women's Corps, Major Rashmi Galhena.