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Ranaviruwa

**Promoting religious coexistence,
cooperation and companionship**



New State Minister of Defence Assumed Office



Honourable Professor G L Peiris, the newly appointed State Minister of Defence assumed duties in his new Office at the Ministry of Defence during a simple inaugural ceremony on 19 April 2022.

The brief inauguration commenced soon after religious observances got underway upon the Minister's arrival at the Ministry of Defence complex at Sri Jayawardenepura. General K D H K Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, Secretary Ministry of Defence, together with General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army and ministry officials welcomed the new State Minister of Defence.

Navy and Air Force Commanders, Director General Civil Security Department, Additional Secretaries at the Ministry of Defence and State Ministry of Defence and several Officers were present at the occasion.

Chief of Defence Staff Enlightened Defence Advisers/ Attachés on the Status Quo



General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army stated that the Armed Forces of Sri Lanka would always comply with the Constitution and the Army is no exception, addressing the gathering of Defence Advisers/ Attachés of Sri Lanka-based High Commissions and Embassies, invited to the Office of Chief of Defence Staff on 4 April 2022.

The meeting was meant to keep those foreign Defence Advisers/Attachés informed of the current situation. The Army as a professional outfit is always prepared to provide security and protection to the State as necessary, Chief of Defence Staff and Commander of the Army added further.

Defence Advisers of Australia, Bangladesh, India, Iran, Japan, Maldives, Pakistan and the United Kingdom and Military, Naval and Air Attachés, of Russia, China and the United States of America were present at this meeting.

Chief of Defence Staff Joined 107th War Hero Remembrance of ANZAC at 'Australia House'



Not forgetful of the century-long cherished memories, invaluable dedication and selfless sacrifices of gallant War Heroes of the Allied Forces, led by the Australian and New Zealand Army Corps (ANZAC), composed of members of the Ceylon Planters' Rifle Corps, the commemoration of the 107th Anniversary of the Australian and New Zealand Army Corps (ANZAC) took place early on 25 April 2022 at the 'Australia House' during a 'Dawn Service,' held with the participation of High Commissioners, Ambassadors, diplomats, distinguished invitees and Defence Attachés of Sri Lanka-based embassies.



General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army expressing the solidarity of Sri Lankan Armed Forces with the High Commissions of Australia and New Zealand, graced the Dawn Service at the joint invitation of HE David Holly, High Commissioner for Australia and HE Michael Appleton, High Commissioner for New Zealand. Then he joined the invitees to pay respect to the memory of ANZACs, representing Sri Lankan Armed Forces.

The Australian and New Zealand Army Corps (ANZAC) Day is commemorated every year on the 25th of April since the year 1916 after many Australian soldiers of the Allied Forces (ANZAC) laid their lives during the war with Turkey before Allied Forces were evacuated from Gallipoli in Turkey towards the end of the year 1915, having left a memorable and powerful legacy.

According to the publication, '100 Years since Gallipoli,' a group of the then Ceylon Planters' Rifle Corps, a Volunteer Regiment from Kandy made up of tea and rubber planters sailed to Egypt in the autumn of 1914 during World War I, and afterwards, in April 1915, another contingent of the Ceylon Planters' Rifle Corps had reportedly joined the 1st ANZAC in Turkey and stayed near Ari Burnu Beach Head which was afterwards renamed as ANZAC Cove.

Celebrating 'Iftar' Ritual at Army Headquarters



The Army Headquarters celebrated the 'Iftar' ritual with the participation of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army on 29 March 2022.

The religious event was organised by the Army Muslims' Association expressing the greetings from Army Headquarters following the religious performance, practiced by worldwide Muslims. It was also meant to invoke blessings on the prosperity of the country.

This new practice of 'Iftar' was initiated and introduced to the Army when the present Chief of Defence Staff and Commander of the Army was the Adjutant General of the Army providing a platform for all Muslim brethren in the Army to meet with one another under one roof.

The welcome speech of the event was conducted by Brigadier Askar Muthalif. Two brief talks were delivered by Maulavi, Reverend Mohamad Irzad and Maulavi, Reverend Safraz Iqbal in Sinhala and English languages explained what the 'Iftar' ritual is all about and its meaning to the conduct of life.



Chief of Defence Staff Met Handicapped War Heroes at 'Abhimansala'



Hours before the dawn of Sinhala and Tamil New Year General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army visited the 'Abhimansala' (wellness resort) where a group of severely wounded and permanently incurable dependent War Heroes are receiving rehabilitation and recuperation for the remainder of their lives.

During the visit, he recalled the gallantry, bravery, and supreme sacrifices they made on the battlefield and how they battled against the enemy risking their own lives, legs, and limbs with the sole objective of safeguarding democracy and freedom. Showing his fatherly affection the Chief of Defence Staff and Commander of the Army gifted a Tab and gift parcel of essentials for each of those War Heroes.

At the same time, taking the tireless roles of by-standers and helpers of those handicapped War Heroes at 'Abhimansala' into his account, Chief of Defence Staff and Commander of the Army gifted each of them with a mobile phone in appreciation of their roles on behalf of those wounded War Heroes. Major General C D Ranasinghe RWP RSP Commander Security Forces (Wanni), Brigadier S C Ekanayake RSP Director Rehabilitation, Brigadier M A D J D Gunathilaka RSP USP Commandant Abhimansala, Anuradhapura, several Senior Officers and Officers associated with the visit.



New Year Celebrations at Army Headquarters



The Army Headquarters marked the first working day of the Sinhala and Tamil New Year with the customary tea table and other formalities with the participation of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army as the Chief Guest of the occasion on 18 April 2022.

Addressing the gathering, the Chief of Defence Staff and Commander of the Army stated that as members of a professional Army everyone should firmly remember that they should not be swayed by various baseless and false rumours, allegations, and concocted stories, that are largely on viral. Sri Lanka Army is a force, committed to protect the State and its people all the time as per the provisions cited in the Constitution. As the gallant soldiers of this unmatched organisation, they have made enormous sacrifices sacrificing legs and limbs, spending endless days and sleepless nights in jungles for days. Therefore, everybody serving in the Army shall remember that the responsibility shouldering is significantly important.

The Chief of Staff, Deputy Chief of Staff, Senior Officers, Commander, Headquarters Battalion, Regimental Sergeant Majors and Civil Staff participated in the event.



"As an Army, we are always with the people, and we do not want to take any 'stand' as some of those speculative stories claim. We never ever mete out harm or harassment to anyone, and nor do we want to inconvenience anyone in any way. We are there to assist the Police only when our assistance is sought from us."

The Chief of Defence Staff and Commander of the Army

The First Working Day of Sinhala and Tamil New Year at OCDS Marked



The first working day at the Office of Chief of Defence Staff (OCDS) was marked on 18 April 2022 at the Bandaranaike Memorial International Conference Hall (BMICH) premises where General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army attended, together with Tri-Service Officers and Police Officers.

A traditional tea table with sweetmeats symbolised the New Year spirits in the office complex and the Chief of Defence Staff and Commander of the Army afterwards extended best wishes to all of them, awarding special gifts on account of the New Year.

During refreshments, the Chief of Defence Staff and Commander of the Army took time off to speak to all Ranks presented at the event and shared a couple of views with them on matters of professional interest.

Major General D M A P Dissanayake RWP RSP USP ndu IG Chief of Staff, Office of the Chief of Defence Staff, Major General A C Lamahewa WWV RWP RSP Director General, General Staff of Office of the Chief of Defence Staff, Senior Officers, Officers, Other Ranks and Civil Staff participated in the day's event.





Commander and ASVU President Appreciated the Role of Civil Staff

Symbolising the appreciative regard and recognition the Army attaches to the role of civil staff in the organisation, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army on the eve of the Sinhala and Tamil New Year awarded New Year gift parcels to a batch of civil staff working in the Commander's Secretariat after inviting them to the Commander's Office at the Army Headquarters.

The occasion shared New Year sentiments where the Chief of Defence Staff and Commander of the Army while awarding those gift packets inquired into the well-being of their family members and concerns, related to them. At the same time, the recipients of those gift parcels expressed their gratitude and pleasure for being able to interact with the Commander of the Army, perhaps for the first time during their tenure at the Commander's Secretariat.

Meanwhile, the Army Seva Vanitha Unit (ASVU), repeating its welfare role for the benefit of civil staff and others at work in the Army Headquarters complex gave away gift parcels, dry ration packets and other essentials during a simple ceremony, held at the Army Headquarters.

The ASVU, appreciative of the dedicated services of Civil Staff at the Army Headquarters, Officers and Other Ranks working in the Army Seva Vanitha Unit (ASVU) office complex awarded those separate New

Year gift parcels of essentials and dry ration packs to them on the same occasion. Mrs Sujeewa Nelson, President, Army Seva Vanitha Unit as the Chief Guest, awarded those incentives to beneficiaries.

Chief of Defence Staff and Commander of the Army also joined the brief ceremony at the invitation of the ASVU, adding glamour to the event.

In another gesture, the occasion assumed greater significance as Mrs Chandrani Liyanage, a philanthropist in Homagama area came forward to gift her two-storied house worth about Rs 9 million to the ASVU for the use of its welfare projects as further support for its ongoing works being launched for injured and fallen War Heroes and family members.

The donor symbolically handed over the documents, related to her property located in Romiel Mawatha, Homagama to Chief of Defence Staff and Commander of the Army and President, ASVU. Mrs Nelson President, ASVU gratefully acknowledged the gesture and thanked Mrs Liyanage for her thoughtfulness and assured her that the property would be used for a productive purpose to boost the welfare of War Heroes and their family members.

Brigadier T S Balasuriya, Brigadier Coordinator of the ASVU Office, Officers and Other Ranks associated with the event.

Commander Gifted a New House for an Ex-Combatants at Mailaddy

The project that was initiated to erect houses for former LTTE combatants in the Jaffna peninsula resulted in the construction of a new house for Mr Rasawallan Thaboruban in Mailaddy, Jaffna after his helpless plight was brought to the notice of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army.

The beneficiary was rehabilitated and reintegrated into the society after he was set free on a special presidential pardon on 24 June 2021, but was without a proper shelter for his daughter and the family. Considering his plight, the foundation stone was laid for the construction of a new house on 3 November 2021.

Financial contribution for the construction of this new house was offered accordingly by the philanthropist, Mr Vish Nadaraja through the coordination of Brigadier M K U P Gunaratne RSP ndu psc IG General Officer Commanding, 55 Infantry Division, at the request of the Army. Also, the troops of 10 Sri Lanka Artillery provided the required manpower and technical expertise for the construction work under the supervision of Colonel W M B A Wijekoon USP Commander, 515 Infantry Brigade.

Chief of Defence Staff and Commander of the Army joined the house-warming ceremony at Mailaddy via Zoom technology from the Army Chief's Office at the Army Headquarters on 11 April 2022 and extended his best wishes to Mr Rasawallan Thaboruban.

Major General D G S Senarath Yapa RWP RSP ndu Commander, Security Forces (Jaffna) graced the house-warming ceremony, together with the sponsor, Mr Vish Nadaraja and his spouse, Mrs Nadaraja and handed over the keys of the newly-built house to the ex-combatant and his family after Hindu religious rites and rituals were performed.





ASVU President Inspected Proposed Batik Project at Mulleriyawa

Mrs Sujeewa Nelson, President, Army Seva Vanitha Unit (ASVU) visited the Sunflower Village in Mulleriyawa where training programmes on Batik productions have been planned with the cooperation of Buddhi Batik on 1 April 2022.

During this visit, Brigadier T S Balasuriya, Brigadier Coordination, Army Seva Vanitha Unit briefed the President of Army Seva Vanitha Unit about the progress of the ongoing food projects and its supplies after her visit to the construction site of the Batik industry.

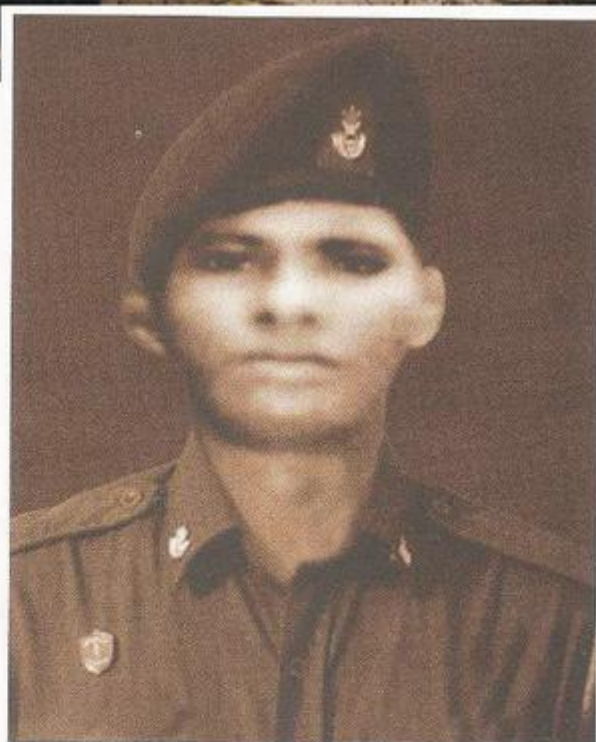
The aim of this Batik programme is to help Army personnel to find some self-employment openings after their retirement. She also gave some instructions during her visit to the venue. Few Officers of the Army Seva Vanitha Unit also joined the visit.





The Act of Gallantry Performed in Akkarayankulam

Darshana Ruwan Dayananda was born in Sripura Village in Padawiya on 06 October 1988 to Gamaralalage Dayananda and Dolapille Pahatha Thalagedara Chandra Gnanaguru at the time where the country was passing years of blue. The region was not prosperous with the fear of terrorism, which was instilled every corner of the village. Villagers had to stay uncountable sleepless days and nights hiding in the bushes nearby as they were not strong enough to counter the brutality of the terrorism. Number of heroic sons were born in the island to eradicate this menace from the suppressed communities of the terrorism. The childhood was never a pleasant experience for many children who were suppressed by the terrorism. Many of them had never had a cheerful childhood.



**S/319509 L/Cpl Dayananda TGDR
PWV RWP
Sri Lanka Light Infantry**

Darshana Ruwan Dayananda was the eldest son of his family and had two brothers and three sisters. The courageous father of Darshana Ruwan Dayananda worked at District Hospital, Sripura as a labour. Having number of economic hardships, the father attempted to bring his little kids up amidst the fear of terrorism.

Little Darshana Ruwan Dayananda attended Palugaswewa Maha Vidayala in Padaviya as soon he reached to the age of schooling. Soon the young Darshana Ruwan Dayananda became a popular character at every event in the School and Dhamma School.

"He was very close with the village and the village temple. He never hurt anyone in the village. Whatever a problem came, he talks with us. Even after he joined the Sri Lanka Army that habit of visiting the temple never disappeared from him. Every vacation he visited me in temple"

Reverend Karambankulame Siridhamma Theo, Chief Incumbent of Sripura Dhammaloka Rajamaha Viharaya revealed the good old memories of Darshana Ruwan Dayananda.

He appeared for the GCE (O/L) in the year 2004. Before the results of the examination released, he decided to find a walk of life as a dutiful son for his family. He gradually realised that the separatism had ruined the country. He was not such a character who is willing to surrender the enemies or any kind of threat. Therefore, he decided to join the Sri Lanka Armed Forces with the blessing of the parents on 9 May 2007. Although the family felt that they were losing their brave son they allowed him to select what he prefers with tears falling.

Darshana Ruwan Dayananda joined Sri Lanka Regular Force as a recruit and he was then admitted to the Recruit Course No. 16 in Sri Lanka School



Dayananda in his young days

of Signals in Ranasevapura 3 Anuradhapuraya. He successfully completed his Preliminary Course No. 16 and days reached to send him to the battlefield. After completing the basic recruit training he was attached to the 8 Battalion of Sri Lanka Light Infantry. He was attached to the D Platoon at the time. Soon he become famous among his peers as one of the determined characters. Due to the meticulous effort, he was able to achieve the Rana Wickrama Padakkama within a year. This reflected the heroism embedded to his soul. The Rana Wickrama Padakkama was awarded for Darshana Ruwan Dayananda in appreciation of the uncountable service rendered in the operation to free the Madu church and Palampiddi on 10 October 2007 from terrorist captivity.

Heroes never wait as a mule before the threat. They are ready to exhibit the heroism at any

cost no matter what. Fulfilling his intention, an army order passed on 15 September 2008 to capture Akkarayankulam located in the main supply route of A9. The War Hero immediately packed his things and was ready to leave for the operation. Camouflaging the figure using the wild creepers he marched forwarded to the battlefield with the firm intention to defeat the brutal terrorism that he had suffered since childhood.

Darshana Ruwan Dayananda strategically reached the enemy territory without wasting much time and deployed at the suitable place. Then he started the reconnaissance over the enemy until he got the order from the higher rank. There are many things that a wise Soldier can learn if he is wise enough to realise the advantage of the place where he is deployed in. He was deployed at the time with Special Force Soldiers. In the meantime his team was caught into an enemy motor unexpectedly. He witnessed how his team members injured at the battlefield and it made him more courageous and determined to eliminate the terrorism.

Darshana Ruwan Dayananda fought with the enemy at that unexpected hour together with Special Forces and suddenly he witnessed a few Special Forces Soldiers were falling on the ground with the deadly injuries. He immediately took them to a safe place and started firing at the enemy grabbing his RPG with the brave intention driven by perseverance that he will not leave a single portion of his land to fall on the enemy hands. At the time he saw a group of enemy was attempting to launch a rapid fire at Special Force Soldiers who were engaged in the firing. He quickly took an action and silenced the enemies who were attacking towards his friendly forces. At the time a Special Force soldier also joined with Darshana Ruwan Dayananda to support his mission. He took a brave step ahead with

the courage he got with the friend's support and entered the enemy ground and started to fire at the enemies standing in the land amidst the rain of enemy bullets. He took the battlefield into his control and made it free from the enemies in a happy face. However the destiny was not allowed to keep that happiness last for a long. An enemy hidden in the bush launched an unexpected attack to Darshana Ruwan Dayananda. With this unexpected fire he was badly wounded and fallen on the ground. The chapter of War Hero marked its end at that unexpected hour.

Darshana Ruwan Dayananda rendered a meticulous service to save his friendly force members risking up his own life. Many wounded soldiers' lives were saved today due to the courageous act of Darshana Ruwan Dayananda. At the very young age where the ordinary man enjoys the life, he dedicated his life to protect territorial integrity and the sovereignty of the nation.

Thalahitiya Gamaralalage Darshana Ruwan Dayananda was awarded Parama Weera Vibhushanaya for his brave acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy performed voluntarily whilst on active service and with no regard to the risk of his own life and security with the objective of safeguarding the lives of his comrades or facilitating the operational aim of his force on 15 September 2008 in the operation to rescue Kilinochchi-Akkarayankulam by His Excellency Mahinda Rajapaksa President of the Democratic Socialist Republic of Sri Lanka on 19 May 2012. His beloved mother had accepted the heroic symbol that marked the bravery of her son.

His father is still doing the same struggle as a labour at the District Hospital, Sripura. His eldest sister T G Dhanushika

is now married. Following the footsteps of his brother T G Harsha Prasad joined the Sri Lanka Army in the 2014 and currently serving in the 6 Sri Lanka National Guards. T G Madushani is married to Lance Corporal Perera another War Hero who is currently serving in the 7 Sri Lanka Light Infantry. Presently the family is blessed with a child. The youngest sister and brother of Darshana Ruwan Dayananda's family T G Dinesh and T G Susunika Nimanthi are still studying at the school where their heroic brother had studied.

“

Darshana Ruwan Dayananda was my eldest son. He had a strong feeling for his country as a residents of Sripura, who often felt the terror of war strongly. This was the main drive for my son to join the Sri Lanka Army. I have no words to convey my pain when recall his departure. But when I remember that I gave a birth to such a Hero my poor soul rejoices with an unconditional pride and love.”

Reminding her memories Mother of Darshana Ruwan Dayananda said hiding the tears falling down.



Extracted from
"Uththamachara" Published by
Army Headquarters



WOMEN ON THE FRONT LINES



It was a long ago that women were confined at home to be full-time housewives and their spouses were the family's breadwinner. The role of women in the 21st century has changed, and they share equal responsibilities with their male counterparts. It is undeniable that employed women are indeed self-seeking, tougher and intellectual. However, empowered women are not trying to overpower the opposite gender but to endure and override the difficulties confronted in their ever-growing competitive surroundings. Women's contribution in every sphere of life is huge. They contribute to the lives of their

family members, as well as the country. Women's day is celebrated globally on 8 March. All women deserve respect, love, care and happiness and they are given equal opportunities at work.

The Sri Lanka Army Women's Corps (SLAWC), one of the most prestigious women's battalions in the South Asian region, has steadily marched forward for 43 years since its establishment in September 1979 and contributed immensely to the achievement of organisational goals and the victories of the Sri Lanka Army. Having upheld the motto, "The powerful mind is the strongest weapon", members of the



Women's Corps bravely assisted the troops on the battlefield during the Humanitarian Operations. There are many female soldiers who sacrificed their lives when serving the motherland.

Sergeant Pushpamala P B S, Corporal Ariyawathee H, Corporal Padma Kumari I M B, Lance Corporal Rupawathee H M, Lance Corporal Kumuduni U P D, Lance Corporal Swarnalatha R C, Silva I N, Ajantha R M, Sriyani Deepika A, Kaluvillaarachchi N A, Lance Corporal Abeysinghe K P N, Lance Corporal Dharmawardena N B P S K, Lance Corporal Nayana Thushari U D, Lance Corporal Dilini Rathnayake R M T K, Lance Corporal Wijesundera W P, Lance Corporal Rathnayake R M P, Lance Corporal Malkanthi P R S, Lance Corporal Damayanthi H W, Lance Corporal Gunathilake D S S P, Lance Corporal Piyadasa P N, Lance Corporal Dilrukshi M K A, Lance Corporal Nilanka Kumari R M, Lance Corporal Sewwandi H M L, Lance Corporal Godakumbura S M P K D and Lance Corporal Wijewardena P V D are among the valiant female soldiers.

The SLAWC women accomplish numerous responsibilities whilst enacting multiple roles as a mother, daughter, wife, leader, or soldier amply

demonstrating their strength to achieve their prime goal of gaining professionalism. Though the Women's Corps was established as a service unit to carry out administrative duties, it is now equipped with additional units. They have the female Military Para Team, female Quick Reaction Rider Team, International female medalists in athletics, a team of Field Engineers and a Humanitarian Demining Trainer Team. At its inception, Sri Lanka Army Women's Corps comprised professional female soldiers in the field of Telecommunication, Health Services, Military Intelligence Services, Nursing Duties, Military Police Duties, Lawyers, Accountants, English Instructors, Psychologists,

Physiotherapists, Veterinary Surgeons, Speech Therapists, Agriculture Officers, Software Officers, Software Engineers, Quality Control Engineers, Cyber Security Officers, Civil Engineers, Architects, Surveyors, Technical Officers etcetera and presently they have been transferred to support the respective Regiments performing those professional services at Sri Lanka Signal Corps, Military Intelligence Corps, Corps of Engineer Services, Sri Lanka Army Service Corps, Sri Lanka Army Medical Corps, Sri Lanka Army Ordnance Corps, Sri Lanka Corps of Military Police, Sri Lanka Army General Service Corps.



In the post-humanitarian operation, the women troops were employed in many circumstantial situations for the provision of services including cordon and search operations. Further, the women troops were employed in the civil-military coordination activities, internal security duties, rehabilitating Ex-LTTE cadres, maintaining of harmony centres, provision of food and other necessary items, and conducting women empowerment programmes for Tamil civilians and Ex-Tamil female combatants. Stepping on a new milestone, some Lady Officers have been trained and qualified as paratroopers as well as skydivers. A special operation support group has been established to support VVIP security. The first woman paratrooper (Lady Officer) of the Basic Parachute Course is Captain V N S Vidanage while the first woman paratroopers (Other Ranks) are Corporal Hemanthi and Corporal Kahawala. Vacancies have been allocated for the women soldiers in the Field Engineering Basic Module and Humanitarian Demining Course by the Sri Lanka Army Corps of Engineers.



Moreover, the first Woman Officer of SLAWC was Lieutenant Colonel K C Weerasekara (Rtd) who was enlisted in the Army in 1979 and she was the first Commanding Officer of SLAWC. The first female soldier was Corporal M L K R Wilson (Rtd) who was enlisted in 1980. The senior-most serving Officer of the Sri Lanka Army Medical Corps is Consultant Radiologist Brigadier D T N Munasinghe while Major Dishanthi Mendis of Sri Lanka Army General Service Corps was the first Lady Officer to fly for the Central African Republic for UN Peacekeeping Missions. Not only do these gallantry women perform on the battlefield, but also in the sports arena. They have left an indelible mark in the sports world with many gold, silver and bronze medals. Susanthika Jayasinghe, Dilshi Kumarasinghe, Nilani Rathnayake, Sarangi Silva, Lakshika Sugandhi, Nadeesha Lekamge and Lakshani Vidusha are some among the best in the international sports arena.

The role of the mother and wife never changes since the existence of life depends on them. With the utmost dedication, they made sacrifices by sending their sons and daughters to the battlefield. But their commitment as a mother and a wife is invaluable and must be remembered especially during this women's day. In paying gratitude for all the support they have provided till now, the Army has not forgotten to pay back. In this context, under the guidance of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, the Army extends its fullest cooperation and unfailing commitment to uplift the living standards of the spouses of the family members of the fallen War Heroes, differently-abled War Heroes, and the employees of the Sri Lanka Army.



By
Lieutenant M Katugampola
SLAGSC
Directorate of Media
Army Headquarters

Generous Distribution Event in Vembodukerny Grama Niladari Division, Jaffna



Troops of 552 Infantry Brigade under the Security Forces (Jaffna) coordinated and organised distribution of school accessories, dry ration packs and 150 coconut saplings worth of Rs 604,665.00 among 115 school children and 50 needy families in Vembodukerny Grama Niladari Division at Vembodukerny CCTM School premises on 08 April 2022.

The donation programme was implemented, as per the direction and leadership of Brigadier M K U P Gunaratne RSP ndu psc IG General Officer Commanding 55 Infantry Division. Brigadier R P Munipura RWP RSP Commander 552 Infantry



Brigade supervised the charity event. Financial sponsorship was provided by Mr Dinesh Fernando, Managing Director, Tropicair Lanka Private Limited along with the National Mine Action Centre, Kilinochchi. 23 Gemunu Watch and 1 Battalion Mechanized Infantry Regiment extended their manpower for the charity event. Divisional Secretary, Director Education of Pachchilai Pallei, Commanders of 551 and 552 Infantry Brigades, Officer in Charge, Pallai Police Station, Principal and Staff, Public Officers, Parents, Officers, and Other Ranks were present at the occasion.

Jaffna Troops Built a New House for an Ex-LTTE Family



A new house built by the troops of the Security Forces (Jaffna) extending their technical, engineering and manpower to another rehabilitated Ex-LTTE family in Point Pedro was vested in the beneficiary by Major General D G S Senarathya RWP RSP ndu Commander Security Forces (Jaffna) on Monday, 21 March 2022.

The financial assistance for the house constructed for Mrs Nirojan Yoham resided at J/405 Thumpale (E) was provided by Dr Vallipuram Shivakumar who is a member of Royal College, Colombo Class of 1980 (Tamil Medium) in co-ordination with Major General Ravi Rathnasinghem (Rtd). Troops of 16 Sri Lanka Light Infantry provided the much-required manpower for the construction work. During the brief ceremony, dry ration packs and stationery for school children were donated by the Commander Security Forces (Jaffna).

24th Anniversary of Security Force Headquarters (Wanni) Celebrated



The 24th Anniversary of Security Force Headquarters (Wanni) which fell on 18 March 2022 was ceremonially conducted under the guidance of Major General C D Ranasinghe RWP RSP Commander Security Forces (Wanni).

Coinciding with the 24th Anniversary, alms giving was offered to Reverend Priests, placing the new Buddha statue in the Shrine Room. Also a Bodhi Pooja was held with the participation of all Officers and Other Ranks in the Headquarters.

A Guard Turnout and Guard of Honour were accorded to the Commander Security Forces (Wanni). Also lunch for all Ranks, and tea party were held for disabled soldiers at Abimansala 1 on account of the 24th Anniversary.



Commander Security Forces (Wanni) Visited Under Command Formations



Major General C D Ranasinghe RWP RSP Commander Security Forces (Wanni) visited Training School at Pompemadu on 14 March 2022. The 14th Battalion Training Course that was withheld due to the pandemic situation was initiated and presently being conducted at 8 Vijayabahu Infantry Regiment, Pompemadu. During the visit Commander Security Forces (Wanni) emphasised the importance of responsible and disciplined behaviour of the soldier to uplift the image of the Sri Lanka Army.

Lake View Unnichchai Holiday Bungalow Declared Open



Lake View Unnichchai Holiday Bungalow with three rooms erected at the 4 Gemunu Watch premises with the manpower of 4 Gemunu Watch at Unnachchi, Batticaloa was declared open on 21 March 2022 by Major General P M L Chandrasiri RWP RSP ndu Commander, Security Forces (East). The Lake View Unnichchai is located near the beautiful lakeside of Unnichchai tank and will be opened for the Civil and Army families who are travelling in the area.

Bicycles Distributed for Needy Students in Thikiliweddai

To motivate students for studies and facilitate their routine movements, 232 Infantry Brigade and the 12 Battalion of Sri Lanka National Guard distributed bicycles to 15 needy school students of Kayankuda, Thikiliweddai School in Batticaloa District, during a brief ceremony held on 4 March 2022.

The charity initiative was launched under the guidance of the Commander 232 Infantry Brigade. Commanding Officer of 12 Sri Lanka National Guard assisted the donation programme after selecting the most deserving students from different families. The generous donors, Mr Janaka Samarasekara, Mrs Nimali Dissanayake, living in Australia and Mr Udaya Kumara, living in the United Kingdom provided the financial sponsorship to purchase those bicycles for the needy students in the area. Parents, teachers, and relatives were also present during the distribution ceremony.

Major General P M L Chandrasiri RWP RSP ndu Commander Security Forces (East) graced the distribution ceremony as the Chief Guest, together with the General Officer Commanding 23 Infantry Division and several Senior Officers.



Commander 1 Corps Visited the 58 Infantry Division



Major General C A K G K U Gnanaratne ndc psc Commander 1 Corps soon after assuming duties, visited 58 Infantry Division (Reserve Strike Force) Headquarters on 25 March 2022.

The Commander 1 Corps addressed the troops and expressed the challenges that a military person encounters when ensuring the National Security. He also emphasised the importance of dedicative hard work and improving skills through continuous training. Senior Officers including Major General S R B Aluwihare RWP RSP ndc psc General Officer Commanding, 58 Infantry Division, Officers and Other Ranks participated in the event.

Alms Giving Held for Inmates of Namashshiwaya Elders' Home, Dharmapuram



An alms giving programme was organised at Namashshiwaya Elders' Home, Dharmapuram on 13 April 2022 under the patronage of Major General W S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu).

During this programme, 25 elderly inmates received sumptuous lunch and essential items packs. The charity event was implemented by the 14 Battalion Sri Lanka National Guard under the fullest supervision of General Officer Commanding, 57 Infantry Division.



A Generous Donation for Civil Staff at Security Forces (Mullaitivu)



Following the concept of Major General W S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu), a dry ration distribution programme for Civil Staff was held on 11 April 2022 in line with the Sinhala and Tamil New Year at the Conference Hall of the Security Forces (Mullaitivu) Headquarters. 19 Civil Staff members were benefited from the programme and each ration pack was worth Rs 5000.00

The event took place under the patronage of Major General W S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu), Officers and Other Ranks participated in the event. At the end of the event, Commander, Security Forces (Mullaitivu) extended his wishes for the New Year. The total cost of Rs 169,818.00 was provided by Regimental Funds of the Security Forces (Mullaitivu).

SLSR Inter Battalion Athletic Meet - 2022



The Sri Lanka Sinha Regiment (SLSR) Inter Battalion Athletic Meet-2022 organised by 2 (V) Battalion of the SLSR was held at the Bogambara playground in Kandy from 26 to 29 March 2022 amid formal ceremonies under the supervision of Major General K Liyanage RWP RSP ndu Colonel of the Regiment, Sri Lanka Sinha Regiment and the Commander, Security Forces (West) who graced the event as the Chief Guest.

About 220 promising and energetic Sri Lanka Sinha Regiment young athletes, representing 19 Battalions from both Regular and Volunteer Regiments displayed their athletic prowess generating new hopes. The championship was grabbed by 15 (V) SLSR under the leadership of Major R M J B Rajapaksa Commanding Officer, 15 (V) SLSR. The Chief Guest expressed congratulations over SLSR's brilliant achievements and congratulated each of them while distributing trophies and medals to the winners. General Officer Commanding 54 Infantry Division, Commanding Officers of the SLSR, Officers and Other Ranks participated in the event.



Central Discussion Held at Security Forces (Central)



Another successful session of Central Discussion was held on 23 March 2022 for Clerks and Chief Clerks serving in the Security Force Headquarters (Central) in line with the series of lectures that are planned on Security Force Headquarters level to educate the servicemen at different levels. During the segment, Major J G C Halapatti conducted a meaningful lecture educating the audience. Other Ranks attended the lecture.



Security Forces (Central) Conducted a Series of Tournaments



Under the instructions of Major General M K S Silva RWP RSP ndu Commander Security Force (Central), a series of tournaments was held with the participation of all units under command to the Security Forces (Central).

With the intention to promote goodwill among each unit, cricket, elle, volleyball and netball tournaments were held from March 29 to 2 April 2022 at the Muthukumaru grounds with the participation of Officers and Other Ranks of under command Battalions. In conclusion, Commander Security Forces (Central) presented awards to the winners of cricket, elle, volleyball and netball tournaments.



Security Force Headquarters (Central) Relocated to a New Building



Security Force Headquarters (Central) was established on 13 March 2013 at Volunteer Force Training School premises. Diyatalawa was selected to establish Security Force Headquarters (Central) due to the reason that it is the focal area to carry out all the administrative and operational functions in its respective Area of Responsible.

With the intention to improve the capacity of the Volunteer Force Training School and to develop the infrastructure required for Security Force Headquarters (Central) while establishing an independent environment, the Security Force (Central) Headquarters which was established at the former ARTRAC building relocated with a new building following the auspicious hours fell on 2 April 2022.



Major General M K S Silva RWP RSP ndu Commander Security Forces (Central) graced the opening ceremony, and he was warmly welcomed following a Guard Turnout. A tree planting ceremony was also held in line with the event. The event was successfully conducted with the participation of Senior Officers and Other Ranks.

Sri Lanka Army Corps of Agriculture and Livestock held its First Council



The first council of Sri Lanka Army Corps of Agriculture and Livestock was held at the Sri Lanka Army Corps of Agriculture and Livestock Regimental Headquarters in Karadeniya on 30 April 2022. This was a significant step in its history as a newly established Corps of the Sri Lanka Army that shoulders the national responsibility to produce a professional corps with advanced technical skills. Major General W B S M Abesekara RSP USP Colonel of the Regiment and Director General Finance Management graced the event and headed the council. The matters related to the professional progress and administration of the Corps of Agriculture and Livestock were discussed. Special attention of the attendees was focused to enhance the professional standards formalising the tasks of the Corps of Agriculture and Livestock. Also, conducting competitive examinations, handling regimental activities, and infrastructure development were among the topics of the discussion. Senior Officers of the Corps of Agriculture and Livestock participated in the event.

Sri Lanka Armoured Corps Seva Vanitha Branch



The 23th Annual General Meeting of Sri Lanka Armoured Corps Seva Vanitha Branch took place on 20 March 2022 at the Rock House with the participation of all members of the Branch.

A meaningful lecture was conducted during the event by Dr N Kumaranayake and Major Dilan Dharmarathne. Sewing machines were also donated to selected soldiers' families. Dr (Mrs) Harshani Bothota Chairperson Sri Lanka Armoured Corps Seva Vanitha Branch declared open the new Sri Lanka Armoured Corps Seva Vanitha Branch Office during the event. Senior Members of Sri Lanka Armoured Corps Seva Vanitha Branch, beneficiaries and Other Ranks attended the event.

Sri Lanka Artillery Seva Vanitha Branch



Sri Lanka Artillery Seva Vanitha Branch offered dry rations and essential equipment to P/Prajapathi Nuns' Monastery fulfilling their earnest requirements. Mrs Chama Wanasinghe, Chairperson of Sri Lanka Artillery Seva Vanitha Branch, and the members of the Sri Lanka Artillery Seva Vanitha Branch participated in the charity event.

Sri Lanka Light Infantry Seva Vanitha Branch



The Sri Lanka Light Infantry Seva Vanitha Branch gave away special New Year gifts to the working staff at Sri Lanka Light Infantry Gallant Bakery, Gallant Yoghurt Project and Gallant Water Bottle Production Unit and the general civil staff serving in the Sri Lanka Light Infantry Regimental Headquarters on 11 April 2022. The distribution was made by Mrs Shiromala Kodithuwakku, Chairperson, Sri Lanka Light Infantry Seva Vanitha Branch as the Chief Guest at the Regimental auditorium in appreciation of their contribution to the Sri Lanka Light Infantry. Centre Commandant Sri Lanka Light Infantry, Senior Officers, Officers, and Other Ranks together with Sri Lanka Light Infantry Seva Vanitha Unit members participated in the occasion.

Gemunu Watch Seva Vanitha Branch



To coincide with the 34th Anniversary of the Gemunu Watch (GW) Regiment, Mrs Geetha Athukorala Chairperson, Gemunu Watch Seva Vanitha Branch launched several welfare programmes, including the distribution of medical accessories, scholarships and award of cash gifts to family members of Gemunu Watch War Heroes on 19 March 2022 at the Gemunu Watch Regimental Centre.

Accordingly, medical equipment and accessories were gifted to Ratnapura Teaching Hospital, Delapanagama Primary Medical Centre and Medical Centres at Gemunu Watch Battalion Headquarters and the Gemunu Watch Regimental Centre at Kuruwita.

Major General P M L Chandrasiri RWP RSP ndu Colonel of the Regiment, Gemunu Watch and Commander Security Forces (East), Mrs Geetha Athukorala, Chairperson, Gemunu Watch Seva Vanitha Branch, Senior Officers and Seva Vanitha members together with Other Ranks joined the occasion.

Sri Lanka Sinha Regiment Seva Vanitha Branch



The Annual General Meeting of the Sri Lanka Sinha Regiment Seva Vanitha Branch was held on 30 January, and chaired by Mrs Darshani Liyanage, Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch. Soon after the proceedings, the officials visited 'Abhimansala 3' at Pangolla and inquired about the requirements of the inmates.

A few senior members of Sri Lanka Sinha Regiment Seva Vanitha Branch joined the visit and two residents in 'Abhimansala 3' welcomed the visiting chairperson and officials warmly.

Vijayabahu Infantry Regiment Seva Vanitha Branch



The Vijayabahu Infantry Regiment Seva Vanitha Branch celebrated the 32nd Anniversary of Vijayabahu Infantry Regiment Seva Vanitha Branch with Mrs Kumudu Manage, Chairperson the Vijayabahu Infantry Regiment Seva Vanitha Branch and its members on 24 March 2022 at Vijayabahu Infantry Regimental Centre. In line with the Anniversary, the Institute of Indigenous Medicine of the University of Colombo held a workshop. Also, the ladies of Vijayabahu Infantry Regiment Seva Vanitha Branch awarded scholarships to 7 students of Army families who are also suffering from Thalassemia during the same occasion. Major General S U M N Manage WWV RWP RSP psc Colonel of the Regiment, Vijayabahu Infantry Regiment, who is also the Director General General Staff attended the inauguration of the project as the Chief Guest. Officers and members of Vijayabahu Infantry Regiment Seva Vanitha Branch attended the charity event.

Mechanized Infantry Seva Vanitha Branch



The 14th Annual General Meeting (AGM) of the Mechanized Infantry Regiment Seva Vanitha Branch was held on 5 March 2022 at the Officers' Mess of Sri Lanka Light Infantry Regimental Centre, Panagoda. Mrs Dhanusha Weerasuriya, Chairperson, Mechanized Infantry Regiment Seva Vanitha Branch presided over the meeting and discussed welfare matters of serving members and families of War Heroes who made the supreme sacrifices. During the meeting, all members listened to a motivational lecture, delivered by Mrs Ama Dissanayake. The event was attended by more than 50 members.



A programme of distributing the stationaries for 16 students who excelled in the Grade 5 Scholarship in 2021 took place with the participation of Mrs Dhanusha Weerasuriya, Chairperson, Mechanized Infantry Regiment Seva Vanitha Branch on 10 April 2022. Members of Mechanized Infantry Regiment Seva Vanitha Branch and the parents of the awardees participated in the programme.

Military Intelligence Corps Seva Vanitha Branch



In parallel with International Women's Day, Military Intelligence Corps Seva Vanitha Branch organised several projects at Military Intelligence Corps Regimental Centre in Karadeniya on 12 March 2022. The day started with a motivational lecture that dwelt on the 'Role of Military Wife, Work and Home Balance', conducted by Mrs Rajitha Jayasuriya, Vice-Chairperson, Military Intelligence Corps Seva Vanitha Branch. Mrs Manori Sallay Chairperson of Military Intelligence Corps Seva Vanitha Branch, Senior members of the Military Intelligence Corps Seva Vanitha Branch, Officers and Other Ranks participated in the programme.

Sri Lanka Army Medical Corps Seva Vanitha Branch



The Sri Lanka Army Medical Corps Seva Vanitha Branch awarded 10 financial scholarships, each worth Rs 50,000.00 to the students of Sri Lanka Army Medical Corps families who qualify to enter universities at the auditorium, Army Hospital, Colombo. Dr Mrs Nilmini Fernando, Medical Consultant, Chairperson, Sri Lanka Army Medical Corps Seva Vanitha Branch together with Brigadier P A C Fernando USP Colonel Commandant of the Sri Lanka Army Medical Corps gave away those incentives after inviting those 10 beneficiaries to the occasion. On the same occasion, 17 girls and boys also received scholarships. Sri Lanka Army Medical Corps Seva Vanitha Branch members and Officers were present during the occasion.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



The Annual General Meeting of Sri Lanka Army Ordnance Corps Seva Vanitha Branch was held at the Regimental Headquarters of Sri Lanka Army Ordnance Corps with the participation of Mrs. Deepika Chinthamani Weeratunga, Chairperson, Sri Lanka Army Ordnance Corps Seva Vanitha Branch on 7 May 2022. New office bearers were appointed during the event and future plans and activities were also discussed.

Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch



The Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch organised a series of welfare programmes on 26 March 2022 at the Udawalawa Sri Lanka Electrical and Mechanical Engineers Workshop under the patronage of Mrs Nandini Samarakoon, Chairperson of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch.

In line with the same event school accessories were donated to 26 students whose parents are serving at the Sri Lanka Electrical and Mechanical Engineers. In addition, S/627869 Warrant Officer J A Suraj of the Sri Lanka Electrical and Mechanical Engineers

received Rs 200,000.00 and S/629455 Sergeant Chaturanga W A R was given Rs. 350,000.00 for completion of their partly built houses. Further, a cornerstone was laid by Mrs Nandani Samarakoon to build a new house for S/2M00553 Corporal Thilakarathne M who has retired and is living with his family. Major General S P A I M B Samarakoon Hdmc Lsc Commander Logistic Command and Colonel Commandant of Sri Lanka Electrical and Mechanical Engineers and several members of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch were present during these events.

Corps of Engineers Services Seva Vanitha Branch



The Corps of Engineer Services Seva Vanitha Branch under the guidance of Mrs Deepika Prashanthi Chandrasena, Chairperson, Corps of Engineers Services Corps Seva Vanitha Branch recently donated a wheelchair to a deserving mother of F/9981 Civil G Sumanathissa, a civil employee working at the Corps of Engineer Services Regimental Centre on 5 March 2022.

Military Police Seva Vanitha Branch



The Sri Lanka Corps of Military Police Seva Vanitha Branch on account of the International Women's Day organised an awareness lecture on mental health for Seva Vanitha members, Lady Officers, Women Soldiers, spouses of Other Ranks and several other invitees following the concept of Mrs Inoka Illangakoon, Chairperson, Military Police Seva Vanitha Branch on 20 March 2022 at the Corporals' Club, 5 Sri Lanka Corps of Military Police.

Mrs Dulani Bhagya Deshapriya, Counselling Psychologist delivered the lecture during the event. Also, financial incentives and cosmetics were distributed among the attendees. The financial generosity was extended by 5 Sri Lanka Corps of Military Police.

Sri Lanka Army General Service Corps Seva Vanitha Branch

Mrs Eranga Hewawasam, Chairperson, Sri Lanka Army General Service Corps Seva Vanitha Branch together with the members of the Sri Lanka Army General Service Corps Seva Vanitha Branch visited the family of S/702253 Warrant Officer II Vishwajith S A G who deceased by an accident and donated of school stationery packs and gifts to three children of deceased Warrant Officer on account of the Sinhala and Tamil New Year.

Mrs Eranga Hewawasam, Chairperson, Sri Lanka Army General Service Corps Seva Vanitha Branch accordingly gave school accessories to the son (12 years), daughter (7 years) and another gift parcel to the infant of 6 months old in the same family after visiting those children. Also, a lamp wick machine gifted to the family. 3 saving accounts for the future of the Children were also opened by the donation of the Officers and Other Ranks. All Ranks of the SLAGSC supported the project. Brigadier H A P P K Hewawasam Colonel Commandant of Sri Lanka Army General Service Corps, Senior Officers, Officers and Other Ranks joined the project.



The Agri Shredder Introduced to Boost the Carbonic Fertiliser Production



The Agri Shredder – a new machine well known for the ability to shred wastes from agricultural lands and help them convert into natural organic manure was launched by Brigadier R W Ponnampuruma RSP General Officer Commanding 68 Infantry Division on 8 April 2022. Taking an innovative initiative, 68 Infantry Division produced this machine to support the current agricultural projects. Officers, Other Ranks participated in the brief ceremony.

An Educative Programme on Carbonic Fertiliser



An educative programme on carbonic fertiliser was organised under the mediation of Major General P S K Sanjeewa General Officer Commanding, 11 Infantry Brigade and the Coordinating Officer, Kandy District with the intention to promote the use of carbonic fertiliser among the public to make the Vistas of Prosperity and Splendour a reality. The programme was implemented under the instruction of the Green Agriculture Operation Centre.

In line with the same event, another awareness programme was conducted on 28 March 2022 in Galagedara, Batugoda, and Hataraliyedda Agrarian Services Centres with the coordination of Bio-Natural Foods and Bio Fertiliser. During the programme the use of liquid and bio-fertiliser was also emphasised. The problems of the farmers were discussed during the programme.



1,600,000 Kg Carbonic Fertiliser Handed Over to Lak Pohora Pvt Ltd

1,600,000 Kg Carbonic Fertiliser produced by the troops of 10 Sri Lanka National Guard under command to 142 Infantry Brigade were donated to Lak Pohora Pvt Ltd on 24 March 2022. Major G S S Galagedara Commanding Officer, 10 Sri Lanka National Guard symbolically handed over the stock to the Mr R P Madura Priyantha Regional Agent of Lak Pohora Pvt Lts (Western Province). Officers and Other Ranks of 10 Sri Lanka National Guard attended the event.



The Battle of Rakgahawatta

The ancient Sinhalese used Dhunna (Bow), Mugura (The Club), Adayatiya (a javelin) and Kaduwa (Sword). The sword included a small shield; Paliha and a larger shield; the Palagaya. The Kuntha was used as long Spear or Bara-lansaya and Dutugemunu carried it to battle and used as Royal Emblem. With the gradual development, Sinhalese used to utilise the Artillery guns with the influence of the Portuguese. This weaponry transformation took place in 1520-1580 period as the local leaders realised battling with the swords, bows and arrows was impossible.

King Mayadunne of the Seethawaka Kingdom was a talented brave warrior who launched several attacks against the Portuguese invaders. However, the battles were not successful due to the less developed weapons they had. In contrary, the Portuguese had the modern Artillery guns. Therefore, the ancient King thought to upgrade his weapons. In time, the Sinhalese Army was able to produce similar weapons to Artillery with two barrels. Using the Artillery guns supported the

Sinhalese Army to mark many victories over many battles against Portuguese.

With the gradual victories, the Seethawaka Sinhalese Army started to produce weapons with barrels that have similar shape of Artillery guns. The King was driven with the idea to produce a weapon that could reach targets in distance using modest military techniques. As a result, Seethawaka Army succeeded building an Artillery gun machine which was almost similar in the shape that Portuguese had used. They used two wooden trunks and a barrel. This was named as Kodithuwakku. Seethawaka Army was able to capture few Portuguese Artillery guns. Later with the support of Indian Engineers, Ceylon King was able to develop the Ceylon Artillery gun. The expertise was provided from India while manpower was from Ceylon. The production of Ceylon Artillery guns were initiated aftermath in Dhachchigolla and Kammalgodalla areas of the Island.

Prince Tikiri, the son of King Mayadunne was also

a warrior as his father. Prince Tikiri was also interested in weaponry and motivated to use the Ceylon Artillery gun in his battles against the Portuguese. At Mulleriyawa, Prince Tikiri launched a successful attack using the Artillery guns against the Portuguese. This battle is famous in the local chronicles as Mulleriyawa Battle. With the victory they earned at the Mulleriyawa battle, Prince Tikiri succeeded into the throne as the next King, Rajasinghe II. His time-to-time attacks on the Portuguese were a serious trouble for the Portuguese Army. Resultantly, the Portuguese decided to attack the Seethawaka Kingdom to get rid of all headaches.

The image depicts the attack of the Sinhalese Army to two Portuguese warships at the time. The two warships were carrying the gun powder to attack the Seethawaka Kingdom. At the time, there was a popular saying that a crow even cannot fly without notifying King Rajasinghe II. The strength of the local intelligence is depicted in this domestic saying. Also at the time, an artillery gun was placed at the Rakgahawatta area in Kelani River bank in case to attack the enemies. The image in page 30 implicates how powerful the Ceylonese warriors. Another salient feature of the Ceylonese Army was that they were well aware to use the advantage of ground for their battles.

The art has carefully structured and it depicts the King's Artillery barrel, cloths of the King and the weapons used in the era by the local Army. The art named Alakeshwara War is presently reserved in the Colombo Museum. (Ola leaves bearing A P 4). The incident is illustrated in the book as follows:

"When the Portuguese Army is marching ahead from the river and ground after several days, the Kotte Army led by King Rajasingha has brought a bronze Artillery gun and filled the gun-power placing it aligning to the right direction and fired at the invading Portuguese who fired at them. The fire hit the enemy canoes and wrecked the several enemy ships"

Also the Diago De Couto has accounted the incident in his book called "The History of the Ceylon the Earliest time to 1600 AD" as follows:

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pots of powder, fire-bombs, and other contrivances and materials, to go by the river and invest the tranqueira, and he with all the army crossed over from the other side, leaving orders for the foists to tow the castles until they were alongside of the tranqueira. And the signal having been given at the hour of attack, the foists began to row up the river with the castles: and when they were already near the tranqueira, they fired upon them with a camello¹, which struck the foist that was in front in the prow, and the ball went tearing its way through the middle of it as far as the poop, killing more than twenty sailors whom it took in line who were hauling at certain roqueiras², and knocked them all to pieces. Upon this the vessels stopped, and Dom Jorge ordered to signal to them to turn about, which he also did, because he knew that all that were in the castles were certain to have been terrified by that mishap³.

Time Line of Muskets and Cannons in Sri Lanka website also cites this Rakgahawatta battle and they have used the ancient chronicles "Rajawaliya" to prove the the incident.

The Portuguese Planned to attack Seethawaka Rajasinghe who has camps at Rakgahawatte by advancing on either bank of Kelani river and bringing a cannon mounted on a castle built on two Padda - boats. Seethawaka Rajasinghe was a very cautious and tactical leader who anticipated the threats that he might have to face. Once he was aware of the advance of Portuguese along the river, he was ready for them, he ordered a bronze canon to be mounted on the right bank and charge with a ball, and as the flanking castle came in to view, Seethawaka Rajasinghe himself aimed and fired the gun and with such good fortune that it taked the towing boat and killed 20 sailors.



Regimental Centre
Sri Lanka Artillery

A Cricket Tournament in Vavuniya



With the intention to develop the goodwill among the civilians and the military personnel, a cricket tournament was held at 56 Infantry Division on 27 and 28 March 2022 at the playground of 56 Infantry Division. Major General L D S S Liyanage RSP USP psc Hdmc and Mr P M K A Kumara Divisional Secretary, Vavuniya (South) graced the event. Civilians and troops of the 56 Infantry Division participated in the event.

A Generous Donation for the Students in Mannar District



Following a concept of Major General U D Wijesekara RWP RSP USP Rcds psc General Officer Commanding 54 Infantry Division, a distribution programme was held on 19 March 2022 under the supervision of Commander 543 Infantry Brigade at the Urban Council Cultural Auditorium.

100 students of underprivileged families in the area received school accessories parcels worth of Rs. 6000.00. The financial generosity was extended for the programme by Mr Thilanka Mendis, Mr Nadeeka Jayawardane, Mrs Udari Madurapperuma, Mrs Samanthi Wijewardane, Mrs Kumudu Gunawardane, Mr Himath Kithsiri and Mr Nadun Bandara, Old Graduates Union of Sri Jayawardenepura University and Old Boys Association of Royal College, Colombo. General Officer Commanding 54 Infantry Division, Commander 543 Infantry Brigade, Colonel Coordinating, 54 Infantry Division, Members of Unions, Officers and Other Ranks participated in the charity event.

Distribution Programme for Students at Shiva Shakthi Pre School



A programme of distributing books for 26 students at Shiva Shakthi Preschool in Thevipuram Grama Niladhari Division under command to 3 (V) Vijayabahu Infantry Regiment took place on 9 April 2022 with the participation of Officers and Other Ranks of 3 (V) Vijayabahu Infantry Regiment and the students and parents of the preschool students.

An Admin Inspection at 10 (V) Corps of Engineer Services Regimental Centre



With the intention of assuring proper maintenance at the 10 (V) Corps of Engineer Services Regimental Centre, an admin inspection was conducted at the regimental premises with the participation of Colonel E A D K Edirisinha Centre Commandant 10 (V) Corps of Engineer Services Regiment on 23 March 2022. Major R P A Rohana USP Commanding Officer 10 (V) Corps of Engineer Services Regimental Centre warmly welcomed visiting Centre Commandant 10 (V) Corps of Engineer Services Regimental Centre following the military formalities offering a Guard Turnout at the entrance. During the day Centre Commandant 10 (V) Corps of Engineer Services Regimental Centre joined the sapling plantation and declared open the newly constructed Other Ranks accommodation complex.

Celebrating the 13th Anniversary of 17 (V) Sri Lanka Light Infantry



The 13th Anniversary of 17 (V) Sri Lanka Light Infantry was celebrated on 30 March 2022 in Mallavi. The 17 (V) Sri Lanka Light Infantry was established on 30 March 2009 at Mallavi. During the anniversary celebrations, a Bhodhi Pooja was held to invoke the blessings for deceased, injured and retired, War Heroes and their families, Civil Staff on 27 March 2022. Lieutenant Colonel A A N B Athurugiri RSP Commanding Officer 17 (V) Sri Lanka Light Infantry graced the event as the Chief Guest. He was welcomed offering the Guard Turnout at the entrance. The Chief Guest participated in sapling plantation and declared open the Warrent Officers' and Sergeants' accommodation building.

Special Rice Collection Ceremony for the New Rice Festival



A special ceremony to collect fresh rice for the New Rice Festival was held at the Mulankavil Agrarian Service Centre on 22 March 2022 in Mulankavil Grama Niladhari Division located in Area of Responsible of 19 Sri Lanka Light Infantry.

In the special ceremony, the harvest of the Maha season was collected to be handed over to the Sri Maha Bodhi in Anuradhapura by the Agrarian Services Centre of 651 Infantry Brigade Area of Responsible. The 55th New Rice Festival will be held on 3 April 2022 by the Agrarian Services Centre. 01 x 03 troops from 651 Infantry Brigade and the Deputy Director of the Department of Agriculture, Kilinochchi District participated in the event.



Protectors of the Nation Saved Two Young Lives in Oddusuddan

Dangers are solely unexpected and as human beings; we get some protective power with our birth to overcome the danger. Some are coming with the experiences. Even though we have enough expertise, still we are in danger due to the non-adoptability of safety precautions or measures.

This is not an advice-giving story. But this is a story of another Humanitarian Operation conducted by Sri Lanka Army to save two young lives at Oddusuddan in Mullaitivu. Their swift action saved many civilians who were in danger.

On 5 April 2022, three young Tamil youths who engaged in a survey project of Geological Survey and Mines Bureau Technical Pvt Ltd started their daily routine as usual to measure the water level and the depth of the Urambakulam tank at Oddusuddan Divisional Secretariat Division, Mullaitivu with the use of canoes.

Gradually, they reached the middle of the tank to measure the depth. All of them paid attention to their task. But suddenly, their canoe fell into the water with three of them. Unfortunately, they were



not good at swimming, and they had not worn life jackets. With that life danger, they only had one option left. That was screaming asking for help.

However, it was the evening hours of the day, troops of 642 Brigade under command to 64 Infantry Division and Security Forces (Mullaitivu) located in closer proximity to the Urambakulam tank at Oddusuddan Divisional Secretariat Division, heard an unusual screaming. They were alerted and ran towards the side and saw the heartbreaking incident in which three young men fought to save their lives.

They had not much time to think. Major Salinda Peris of Vijayabhahu Infantry Regiment and Lance Corporal Welabadage W S who were the experts in swimming, jumped into the water to save the lives of those in danger. Similarly, other troops were standing by with ropes, canoes, and First Aid to support the victims on the ground with Major Sanjaya Somarathna.

After a crucial effort, Major and Lance Corporal combination took two young men to the ground and handed them over to the troops for the First Aid. But they had to search for the other missing one in the water. They continued searching to find the missing youth amid muddy water but could not find him.

Subsequently, Oddusuddan police and civilians of the area also joined the search for the missing youth and ultimately found a dead body in the muddy tank. The rescued two young men recovered after First Aid was given by the troops.

This brave action was supervised by Commander 642 Infantry Brigade. General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Commander of Security Forces (Mullaitivu) and General Officer Commanding 64 Infantry Division highly appreciated all troops who attended this humanitarian mission to save lives with brave and swift actions.

The incident shows the commitment of the Sri Lanka Army as Protectors of the Nation in every corner of this motherland. Meantime, Army requests from all to use preventive methods like life jackets, ropes or safety belts, helmets etc., which suits while performing in any life risk assignments by giving value to your unique life.



*By Captain Nisal Rukshan SLSR
Directorate of Media
Army Headquarters*

412 Youths of All Three Major Ethnicities Completed 'Soldiering' Course and Joined the Army



A total of four hundred and twelve (412) recruits who underwent training at the Battalion Training School in Vasavillan, Jaffna passed out on 9 April 2022 during a simple ceremony. This recruit training course comprised of both Sinhala and Tamil speaking youths.

Major General M G W W M B C Wickramasinghe RWP RSP ndu General Officer Commanding, 51 Infantry Division graced the passing out ceremony as the Chief Guest and delivered the closing address. S/2021 V F R D/ 09899 Recruit Sagara G A D received the award for the Best Shot, S/2127197 Recruit Jayawardana P S P won the award of Best Recruit and S/2021VFRD Recruit Jayasena A P was the Best in Physical Training. They all accepted those awards from the Chief Guest. Senior Officers, Officers, Other Ranks and a group of newly recruited soldiers' relatives participated in the ceremony adhering to health guidelines.

New Houses Vested to 4 Deserving Families in Thanthirimale



With the financial generosity extended by the Reverend Ududumbara Sobhitha Thero at Vipassana Meditation Centre, Colombo, four houses were erected for 4 deserving families residing in Thanthirimale and Thambiyawa with the manpower of 5 Sri Lanka National Guard under the supervision of Major V M Fernando Commanding Officer, 5 Sri Lanka National Guard. The bathroom and lavatories erected at the Karunashilie Nunnery were also vested in the nuns on 17 March 2022 under the patronage of Commander Security Forces (Wanni) and Commander 212 Infantry Brigade with the participation of the residents in the area.

A new house, built by Army troops for a family with handicapped children who were living without a permanent shelter in the general area of Hinukgala, Dewahoowa, was vested in this deserving family on 11 April 2022 during a simple house-warming ceremony.

Within a matter of 4 months, troops of the 10 Gajaba Regiment, 2 Sri Lanka Sinha Regiment, 1 Sri Lanka Rifle Corps and 17 Corps of Engineer Services under command to the 111 Infantry Brigade of the 11 Infantry Division of the Security Force Headquarters (Central), erected this new house with financial sponsorship of Rs 3,000,000.00 provided by the 1980 Group of the Colombo Musaeus College. The constructed house was vested in Mrs W M Madusha Prasadi Dharmapala, a widow with handicapped children living in the Akkara-20, Hinukgala, Dewahoowa. Commander, 111 Infantry Brigade, members of 1980 Group of the Colombo Musaeus College participated in the ceremony.



A new house erected for Mrs Sandamali residing in Melsiripura with the manpower of 5 Reconnaissance Regiment Sri Lanka Armoured Corps was vested in the beneficiary on 2 April 2022 following auspicious hours. The project was launched under the supervision of Brigadier P A M Peris RSP USP psc Commander 5 Reconnaissance Regiment Sri Lanka Armoured Corps and mediation of Lieutenant Colonel W A W Sujith RWP psc Commanding Officer, 5 Reconnaissance Regiment Sri Lanka Armoured Corps. The financial donation for the house was provided by Mr Rohan Gunasekara.

A Donation of Beds for Intensive Care Unit in Government Hospital, Thaleymannar



Under the supervision of Commander, 543 Infantry Brigade, a programme of donating beds for the Intensive Care Unit in Government Hospital in Thaleymannar under command to 11 Artillery took place on 16 March 2022 at the Hospital premises. The financial sponsorship for the donation was extended by Mr U S P Rodrigo under the coordination of Commander, 543 Infantry Brigade with the supervision of Commanding Officer, 4 Sri Lanka Signal Corps. Commander, 543 Infantry Brigade, Commanding Officer, 4 Sri Lanka Signal Corps, 11 Sri Lanka Artillery, Doctors, Officers, and Other Ranks participated in the event.

Army Groomed Interest in Chess Playing among Jaffna Students



Following the instructions of Commander Security Forces (Jaffna), a workshop for chess training was conducted with the association of a team from the Sri Lanka Army Chess Committee on 12 and 13 March 2022 at the 51 Infantry Division premises. The event was supervised by Major General M G W W M C B Wickramasinghe RWP RSP ndu General Officer Commanding, 51 Infantry Division and the basics of the Chess and the rules were explained by Mr Sanjula Ravinath National Chess Referee. Individual supervision was provided by Army Chess Committee. 62 Students participated in the event representing 10 Schools in the area.

Other Ranks Accommodation Declared Open



Lieutenant Colonel S M P Bandara Commanding Officer 4 Sri Lanka National Guard declared open the Other Ranks Accommodation erected for the benefit of the band of 4 Sri Lanka National Guard on 16 April 2022. The construction was successfully completed with the manpower of troops of Regimental Centre, 4 Sri Lanka National Guard within 04 months of period.



'If you are persistently in an environment which causes you to have pain and ringing in your ears, your hearing is at risk '

Says Lieutenant Colonel (Dr) Akram Drahman – Consultant ENT Surgeon - Army Hospital

Lieutenant Colonel (Dr) Akram Drahman is currently serving as a consultant ENT and Head and Neck Surgeon at the Army Hospital in Narahenpita, Colombo-05. He joined the Army (Regular Force) in 2019 as a Lieutenant Colonel.

He obtained his MBBS (SL) at the University of Sri Jayewardenepura and later obtained MD (ORLHNS) from the Post Graduate Institute of Medicine, University of Colombo in 2012. He also obtained the DOHNS from the Royal College of Surgeons (RCS), England.

Whilst in the Ministry of Health, he served as an acting Consultant ENT Surgeon at

the Lady Ridgeway Hospital for Children (LRH) and the National Hospital of Sri Lanka (NHSL) in 2016. Thereafter, he served as a consultant ENT surgeon at Kilinochchi from 2016 to 2018.

In addition, he is the current co-editor of the Ceylon Journal of Otolaryngology (CJOL), a role he assumed in 2015, and also an executive committee member of the Sri Lanka College of Otorhinolaryngology and Head and Neck Surgeons (CORLHNS). He is also a life member of the Sri Lanka College of Surgeons. He has multiple medical



publications in local and international journals and was the recipient of the 'Prakash Narula' Travelling

Fellowship award 2018 (by ENT UK) to the United Kingdom.

He had involved in many extra curricular activities during the university. He was the tennis captain from 2000 to 2002. Also he has a certification in computer software and hardware assembly. He is also a trained pianist and vocalist having passed grade 8 in pianoforte from the Royal School of Music (UK) and trained in classical western singing by Mary Ann David. He sang as a Tenor in the Symphony orchestra of Sri Lanka choir in 2000 to 2002. He was also the best marksman in his batch in basic military training at Diyatalawa.

This feature article on diagnosing and treating diseases and also maintaining hygiene of Ear, Nose, and Throat was written after an interview with him.

Question: -

Why should people take care about the infections of their Ears?

Answer: -

The ear can be divided into three parts, the outer ear (external ear), the middle ear and the inner ear. Infections occurring in any one of these parts can have varying outcomes. Classically, they present with otological symptoms (earache, ear tenderness, blockage of ears, ringing sensation in ears, a sensation of imbalance known as vertigo, ear discharge and itchy sensation in the ear) and depending on the degree of infection and the site of infection these symptoms can vary.

Untreated infection in the background of comorbid disease can profoundly affect hearing as well as balance severely affecting the patient's quality of life. Especially, inner ear

infections if not treated promptly can result in irreversible hearing loss and even permanent deafness. Severe ear infections have an increased chance of causing meningitis and encephalitis which may result in brain abscesses, osteomyelitis and even death.

It is important that if patients experience the above-mentioned symptoms that they seek medical attention and primary assessment. All general practitioners should have a basic ENT knowledge and should be able to competently treat basic ear infections. If needed the general practitioner can refer onward to the ENT specialist for further management. Alternatively, the patient may present directly to us for primary assessment.

Question:

How often should people visit an ENT Surgeon?

Answer:

If the patient has an underlying chronic ear condition or is in a post-operative situation, then the timetable for follow-up will be predetermined by the treating specialist. If the patient is experiencing ENT related symptoms which do not subside even after a general practitioner has seen them, then a visit to the ENT specialist is justifiable. Routinely visiting an ENT specialist for 'a check-up' unless required to do so by your employer (this is seen in the aviation industry) is not advisable.

Question:

At what age should a child visit an ENT Surgeon?

Answer:

Currently in Sri Lanka all children who were born in institutions (institutional births) are supposed to undergo hearing screening.

If this initial screening test detects an abnormality, then the child is immediately referred to an ENT specialist for further investigation and intervention. Alternatively, if the child has a delay in speech (delayed speech milestones) they are further investigated with regard to hearing and speech. These referrals primarily come through our paediatric colleagues who take the lead in the child's overall assessment and management. Sometimes referred patients are children and when the teacher suspects a hearing loss causing poor school performance. This type of referral is mainly seen from primary schools.

Sri Lanka has a government-sponsored cochlear implant program which does cater to children who have been diagnosed to have severe to profound sensorineural hearing loss through the above mentioned hospital screening process.

Question:

What procedures can improve one's hearing strength?

Answer:

If a patient's hearing is compromised due to a hole in the eardrum (perforated eardrum) operations such as tympanoplasty can be performed to restore the eardrum and ossicles and thereby improving hearing. This procedure is commonly performed using a microscope and an open technique but we are now migrating to a more cosmetically acceptable endoscopic technique.

In children, especially if there is a collection of fluid in the middle ear cavity (Glue ear) which causes hearing loss and does not respond to conservative therapy techniques (Otoventing) we can offer ventilation tube placements to help the middle ear cavity recover its function and thereby improving

conductive hearing loss. Newer techniques such as endoscopic Eustachian tube dilation have also been tried in the US but we are still awaiting long-term study outcomes of their patient population before we can offer it as a mainstream treatment in Sri Lanka.

Surgically implanted bone anchored hearing aids as well as middle ear implants are also available to a selected cohort of patients with mixed hearing loss and sensorineural hearing loss however, the latter has still to establish a foothold in Sri Lanka. Price of the implant versus the benefit to the patient long-term plays an important factor in deciding this mode of therapy.

Cochlear implantation is the ultimate treatment for severe to profound sensorineural hearing loss and Sri Lanka has a government-sponsored cochlear implant program in place. Regular paediatric cochlear implantation through this programme is offered in most tertiary care hospitals. As the cost per implant is significantly high currently most implants are single sided only.

And finally for the profoundly deaf, we must not forget the advantage of sign language as a fall-back method of communication.

Question:

What sort of facilities could be obtained at the ENT section of the Army Hospital?

Answer:

The ENT unit of the Army Hospital of Colombo (AHCBO) offers the following services:

- 1) In person and virtual OPD ENT services (Through Army's dedicated video chat application)
- 2) Virtual OPD ENT services as outreach (Panagoda Hospital)

3) Audiology services (Hearing testing – PTA/TM only at present, Awaiting for ABR upgrade)

4) Speech and language therapy services (For Voice and swallowing disorders)

5) Vestibular rehabilitation therapy (Physiotherapy for Vertigo)

6) OPD based procedures

a) Examination under the microscope (EUM) and Micro suction

b) Flexible Nasal endoscopy (FNE)

c) Endoscopic swallowing assessment (FEES)

d) Transtympanic injections

7) Routine ENT surgery (Including endoscopic tympanoplasty and tympanomastoidectomy, functional endoscopic sinus surgeries (FESS), Microlaryngoscopic surgery – Phono surgery)

8) Emergency ENT surgery (Including Tracheostomy, Rigid oesophagoscopy, Endoscopic sphenopalatine artery ligation for nasal bleeding)

Documentation of all ENT patient's clinic visits, investigations (Including MRI & CT through PACS system), OPD procedures and surgeries occur on a 'server backed up' virtual platform using the Army Hospital Information System (AHIS) which is linked to the patients' service number. All patients can access all these details through a dedicated mobile application 'Sri Lanka Army Patient Portal (SLAPP)' available on google and Apple platforms. A hardcopy of each consultation is printed and given to the patient in case the patient has to be presented to a civilian sector hospital. This set up has an advantage in

that the patient can present to any military hospital around the country and the treating medical officer will have up-to-date records of the patients' treatments and investigations decreasing duplication of work and increasing coordination in treatment.

Question:

What are your tips for better hearing of the Ear?

Answer:

The secret for better hearing lies in maintaining good aural hygiene. This means looking after your ears. Protecting your ears from sound trauma and after unavoidable sound trauma seeking medical treatment and letting your ears recover plays a big outcome in optimising your hearing. Protecting your ears from sound trauma can be achieved from a simple rule that if a certain volume of the sound is causing you pain in your ears then you should either get away from that sound or decrease its volume. If you are getting a ringing sensation in your ears after being exposed to a sound source this too is an indication that it was affecting your hearing in an adverse way and thus it is best to avoid it.

Modern smartphones are equipped with applications that can test the sound pressure in the environment. Although these may not be as accurate as calibrated and standardised sound meters they will give you a rough indication of the sound pressure in your present environment. If you are constantly in an environment with a sound pressure of more than 80 decible scale without hearing protection statistically your hearing is in danger.

If you have to be in an environment with increased sound pressure (at an

unhealthy level) then it is best that you wear some sort of hearing protection. These come in the form of supra aural hearing protection and inset ear plugs. The best varieties have an active noise cancelling component offering further protection.

Question: -

Some of them have the habit of clearing their ears with cotton buds. Do you recommend this?

Answer:-

Cotton buds have a place in cleaning the outer ear and pinna area but should never be used to clean the ear canal. This is because even though the tip is cotton, the shaft of the cotton bud is quite rigid and often scrapes the outer ear canal predisposing the ear to infection. It also impacts accumulated wax towards the eardrum making it further difficult to remove.

Mothers especially should not use cotton buds to clean their children's ears as a child's eardrum is more superficial than in adults and therefore can be easily damaged. I do not recommend cotton buds for ear cleaning.

Question :

Is it necessary to remove the wax in someone's ear? If so, how often should they do it?

Answer:-

Wax formation in one's ears is a normal physiological occurrence. The ear has a self-cleaning mechanism by which any form of wax will gradually exit the ear with the growth of epithelium which occurs from inside to out. A little bit of wax present in the external ear canal partially obstructing the eardrum will have little to no effect on hearing. It is only when the ear canal is completely blocked with wax that the hearing is affected. If you suspect that your ear is blocked by wax

accumulation, rather than attempt to clean it yourself I suggest you seek medical attention and get it cleaned. You can prevent heavy wax build-up in your ears by using olive oil ear drops as directed by your treating physician. Remember never assume your hearing loss is caused by wax blockage.

Question :-

What sort of symptoms can be observed if someone's ear drum is damaged? What he/she should do in such circumstances?

Answer :-

Depending on the incident which causes the eardrum damage the symptoms may vary. The commonest symptom is hearing loss (conductive) and the sensation of air gushing out of the ear when attempting to exhale through a pinched nostril.

Following trauma, you might experience acute pain followed by mild bleeding from the ear canal. Following a middle ear infection, gradual pain build-up followed by a sudden release of pain and then ear discharge may also indicate that the eardrum is damaged.

If you suspect your eardrum is damaged after trauma it is important to keep the ears dry and do not attempt to self-medicate with antibiotic ear drops. You need to seek medical attention as soon as possible and if in the case of an assault, proper documentation of the damaged eardrum as well as a hearing test needs to be taken. Traumatic eardrum perforations of a small to moderate size have a very good chance of completely healing if the ear is kept dry and free of infection in as early as 2 weeks. Eardrum perforations that have not healed will need to be surgically repaired.

Question:-

What are the very first precautions one should take if he stuck something in his throat?

Answer:-

If there is something stuck in the throat which is causing you to have a difficulty in breathing (choking) this is an emergency and immediate first aid measures such as the Heimlich manoeuvre should be attempted by a knowledgeable person. If there is no difficulty in breathing but you still feel that there is something in your ear the next best option is to ingest some semi solids along with a lot of water to see whether this can dislodge the foreign body in to your stomach. Do not attempt to manipulate any instrument into your throat as this can do more harm than good. If the sensation persists I suggest visiting the closest hospital with the ENT Department as soon as possible. Impacted fish bones, sometimes, have a nasty habit of migrating into soft tissues making them extremely difficult to remove if a patient presents after 24 hours.

An ENT trained doctor will be able to easily remove impacted fish bones at the back of the throat using his headlight forceps and your cooperation. If the bone is not visible on primary examination, we will then proceed to endoscopic evaluation which can be performed under general or local anaesthesia depending on the site the bone is detected.



By Lieutenant
Diminda Senarath
SLAGSC
Directorate of Media
Army Headquarters



We are always for the Country



The social, economic and political problems that are undergone by the civilians are also undergone by the members of the Army same way. But the way that the Army responds for such crisis is different than the way civilians respond. No matter how terrific the situation is, the responsible War Hero will never deviate from their original purpose. Some has misinterpreted that, there is a selection for the humanitarian assistance extended by the Sri Lanka Army. Protecting the country is the ultimate responsibility of the Sri Lanka Army. At the same time, the Army will not hesitate to do everything possible to rescue the victims of any disaster. This commitment of the Sri Lanka Army has not something that started yesterday. Nor is it something to be practiced. But it is a timeless mission.





It is evident that various parties are trying to recover from the present economic crisis as a Nation. The authority of decision making power in the democratic process is vested on the political authority. What we do as the Army is safeguarding the law and order in the country. That is why the Army assist the everyday affairs of the people when required. The Army never acts arbitrarily. This is the time that led the Army to practically apply the qualities of discipline, patience and endurance that they learnt during the training.



Junior Instructor Course Successfully Concluded



The Junior Instructor Course No. 97, commenced with the intention to produce skilled junior instructors by improving the military knowledge of Corporals and Lance Corporals serving in the Sri Lanka Army at the Combat Training School, Ampara was successfully concluded on 5 April 2022. 46 students from Regular and Volunteer Regiments participated in the course. Brigadier J M R N K Jayamanna RWP Commandant Combat Training School, Ampara attended the closing ceremony as the Chief Guest and awarded the badges and certificates to the Other Ranks who completed the course. S / 382550 Corporal Shamod Kumara M A L Special Forces won the first place earning 78% marks.



Meaningful Educative Programme at Ranaviru Resource Centre, Wattala

Ranaviru Resource Centre, Wattala is a leading institute that conducts a number of courses with the association of Sri Lanka National Apprentice Industrial Technological Authority. The troop addresses of the Carpentry Building Course and Electronic Appliances Technician Course were conducted by Brigadier D C C D R Waidyasekara RSP Commandant Ranaviru Resource Centre.

An Educative Lecture on Legal Services at Corps of Engineer Services



A lecture was organised by the Corps of Engineer Services with the intention to boost the knowledge of the Officers and Other Ranks serving the field of Legal in the units, and institutes on 24 March 2022. The lecture was conducted by Major N R M S M R A Giragama Staff Officer II (Legal), Directorate of Legal at the Regimental Center of Corps of Engineer Services. Officers including Brigadier E A D K Edirisinhe and Other Ranks participated in the event.

Books Donated to the 54 Infantry Division



With the intention of establishing a library at 54 Infantry Division 100x books were donated by Mr Kalana Chandimal Varkista at Lecture Hall 54 Infantry Division on 22 April 2022. The occasion was praised by Major General U D Wijesekara RWP RSP USP Rcds psc General Officer Commanding 54 Infantry Division and Senior Staff Officers.

Distribution of Dry Ration Packs among Needy Families in Monaragala



Under the instructions of Major General M K S Silva RWP RSP ndu Commander Security Forces (Central), 100 dry ration packs were distributed among needy families on 11 April 2022 at Nishshanka Central College, Badalkumbura.

Mr Anura Peris who resided in the United States of America sponsored the dry ration packs under the coordination of Commander Security Forces (Central) and members of 7 Sri Lanka Signal Corps extended their assistance to make the event successful. Brigadier D U N Serasinghe RWP RSP Commander, 121 Infantry Brigade, villagers, Officers, and Other Ranks participated in this occasion.

Two Water Pumps Donated by 12 (V) Sri Lanka Artillery Regiment



Two water pumps were gifted to Mr Kunam Shashikumar and Mr Kumarawale Pradevan residing in Kurai under command to 12 (V) Sri Lanka Artillery Area of Responsible as assistance for their agriculture fulfilling a long-standing requirement of the traditional farmers on 5 April 2022.

The programme was initiated under the instruction of General Officer Commanding 54 Infantry Division and supervision of 541 Infantry Brigade. Watawala Tea Pvt Ltd extended the financial donorship for the charity event. Coordinating Officer 54 Infantry Division, Commanding Officer 541 Infantry Brigade and Brand Ambassador of Watawala Tea Pvt Ltd graced the event.

SPORTS

Prize Awarding in Carrom Tournament Held at Panagoda

The prize awarding ceremony of the Inter Regiment Carrom Championship 2022 took place on Friday 25 March 2022 at Army Physical Training School, Panagoda under the patronage of Major General P A J Peiris ndu Chief Signal Officer and Colonel Commandant of the Sri Lanka Signal Corps who was also the Chief Guest of the event.

Players from sixteen Regiments competed in the tournament and the players of the Vijayabahu Infantry Regiment (VIR) team (men's) carried away the Championship, defeating the Sri Lanka Sinha Regiment (SLSR) team. Similarly, the Sri Lanka Army Women's Corps (SLAWC) emerged as the champions and Sri Lanka Signal Corps women soldiers as the runners-up in the women's category.

Brigadier K A W N H Bandaranayake USP Director of Sports graced the event as the Chief Guest together with Senior



Officers and awarded the trophies and certificates to the winners.

Rifleman W M Mufeez of SLSR and Private Gunadasa of SLAWC were adjudged best players in Men's category and Women's category respectively. Private R M S Rathnayake of SLASC was awarded as the best player in the veterans' category.

Army Judo Players Won Championship



The National Novices Judo Championship - 2022 was held at Kackhashier Indoor Stadium, Trincomalee, from 18-20 March 2022 with the participation of 250 male and female competitors representing 16 sports clubs.

During the competition Sri Lanka Army Male Judo players grabbed the overall championship with 8 Gold medals, 8 Silver medals and 18 Bronze medals claiming 73 marks. Similarly, the Sri Lanka Army Women's team and Gampola Girls'

High School teams were rated as co-runners up for the 3rd place and Army women's team claimed 1 Gold, 1 Silver and 2 Bronze medals.

The awarding ceremony was held at Trincomalee on 20 March 2022 with the participation of Honourable Kapila Nuwan Athukorala, Member of Parliament for Trincomalee District. Vice President, Secretary and Deputy Secretary of Army Judo Committee and State officials attended the event.

Army Shooters Grabbed Majority of Medals

The International Practical Shooting Confederation (IPSC) Open Handgun Championship - 2022, was conducted from 17 to 20 March 2022 and its prize-awarding ceremony for the winners on 20 March 2022 at Panaluwa, Firing Range.

The championship commenced under four age categories, such as Junior, Youth, Senior and Super Senior. 201 shooters representing 15 different firing clubs including the Army, Navy and the Air Force competed in the contest.

During the event, the Sri Lanka Army shooters secured 4 Gold medals, 10 Silver medals and 1 Bronze medal. The tournament was conducted under the Open Division, Standard Division, Production Division, Production Optical Division, and the Classic Division.



Army Swimmers Won Overall Men's Championship



The Sri Lanka Army Men's Swimming Team for the 4th consecutive year held and defended its unbroken victory at the National Annual 10km Open Swimming Championship-2022 at Balapitiya beach, organised by the Sri Lanka Aquatic Sports Union (SLASU).

Representing 8 island-wide sports clubs, more than 72 swimmers participated in the event. The Army men's team secured 17 places out of 20 slots.



Major General S U M N Munge WWV RWP RSP psc Director General General Staff and Chairman, Sri Lanka Army Aquatic Sports Committee encouraged all the attendees to participate in the event.

The event was held under the direction of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army.

Army Rowers Won Gold and Silver in Junior National Rowing Championship-2022

The Junior National Rowing Championship-2022 concluded recently at the Diyawannawa Rowing Centre after three days of intense competitions.

A total of 20 Rowing Sports Clubs from Tri-services, schools and universities took part in the tournament. The Sri Lanka Army women's rowing team once again lifted the trophy in the Women's category, winning 4 Gold medals and 1 Bronze medal. Similarly, the Sri Lanka Army Men's category also won 2 Gold medals and 3 Silver medals. The tournament was organised by the Amateur Rowing Association of Sri Lanka.



Army Ruggerites Showed Colours Beating Rivals



The Sri Lanka Army Sports Club competing in 'The Sri Lanka Rugby Inter Club Rugby League-2022' at Havelock Park on 4 March 2022 registered their first win against their rivalry, Navy team having beaten them by 18 points.

'Soldiers Vs Sailors' the Inter Club Rugby encounter showed colours of both teams in the first half, but the Army scored their two tries.

SLSC Athlete Renewed Her Pole Vault Record for Asian Athletic Championships

Corporal K L Sachini Perera of Sri Lanka Signal Corps (SLSC), broke her own 3.65 m previous Sri Lankan record in the pole vault event in the second round of the selection contests and set a new Sri Lankan record of 3.70 m in the women's pole vault event qualifying for the upcoming Asian Athletics Championships.



The selection contests of Sri Lankan Athletes for the upcoming 2022 Asian Athletics Games in China were held at Diyagama Mahinda Rajapaksa stadium from 10 to 11 March 2022 with the participation of a number of athletes, including Armed Forces athletes.

Army Swimmers Earned Clean Sweep at Balapitiya

Sri Lanka Army Men's Swimming Team in the 12th National 5 km open water swimming championship – 2022 organised by the Sri Lanka Aquatic Sports Union (SLASU) had a clean sweep on 13 March 2022 at Balapitiya beach and claimed the championship.

More than 85 swimmers participated in the event representing 15 sports clubs and the event was held for the 5th consecutive year. The men's team secured eight places within the first ten places.



Major General S U M N Manage WWV RWP RSP psc Director General General Staff and Chairman Sri Lanka Army Aquatic Sports

Committee encouraged all the attendees with the blessings of the Chief Defence Staff and Commander of the Army to achieve these wins.



Sri Lanka Army Secured the Championship of Air Force 'Cycling Race'

The Sri Lanka Army cyclists won the overall team championship in the recent 'Air Force Cycling Race 2022' of the Sri Lanka Air Force that coincided with the 71st Anniversary. It was held for the 23rd consecutive year and the men's race was held from 4 to 6 March 2022 in 3 stages. Cyclists from all around the country participated in this race which covered 412 km in total.

The awarding ceremony was held at the Eagle's Lagoon View Banquet Hall, Katunayake and the Commander of the Air Force and Members from the Air Force Board of Management, Officers, Other Ranks and representatives from all the sponsors attended the event.

Corporal Avishka Madonza of the Sri Lanka Army won the overall Championship after winning in all three stages. Accordingly, the team championship was won by the Sri Lanka Army Cycling team.

Lance Corporal Shalika Dilhani of Sri Lanka Army Women's Corps grabbed first place and Lance Corporal Madumali Fernando of Sri Lanka Army Women's Corps ended as the third. The women's overall team championship was won by the Sri Lanka Army Cycling team.



Private H T U T Perera of the Sri Lanka Army Service Corps (SLASC) participating in the Indoor High Jump event at the Indoor Lone Star Conference (LSC) competition at Texas Tech Sports Performance Center in Lubbock, Texas in the United States of America broke his own record and renewed it making a new achievement.

His new record marked 2.27 meters against his previous record of 2.26 meters.

The Lone Star Conference (LSC) is a collegiate athletic conference, affiliated with the National Collegiate Athletic Association (NCAA) Division II level. Member institutions are located in the southwestern United States, with schools in Texas, Oklahoma, New Mexico, and Arkansas. Three schools in the Pacific Northwest—one each in Oregon, Washington and the Canadian province of British Columbia will become football-only members in 2022. The event took place from 5 to 26 February 2022.

Army Private Broke His Own High Jump Record at Texas, USA



Tug of War Championships Clinched by Army Men and Women Players



In the Open Tug of War Championship held at Pugoda Bodirajarama School premises on 26 March 2022, Sri Lanka Army 'A' and 'B' teams and Sri Lanka Army Women's teams won 1st places and runners up slots beating 26 island-wide teams, including Navy, Police, Civil Security Department and civil sector teams.

Meanwhile, Sri Lanka Army Women's teams clinched the 1st and 2nd places under the 560 kg weight category in the same tournament. The competition organised by the Pugoda Double Sports Club.

Army Karate Team Clinched Karate Premier League-2022 Championship Trophy

The Sri Lanka Army Karate Team achieved a convincing victory clinching the Karate Premier League-2022 Trophy at Karate Premier League Tournament organised by the Karate Do Federation, at Bandaragama stadium on 26 March 2022.

16 island-wide Karate teams including those of the Sri Lanka Army, Sri Lanka Navy, Sri Lanka Air Force, Sri Lanka Police and Civil teams vied for supremacy in the tournament. Finally, the Sri Lanka Army team won the Championship securing the Karate Premier League - 2022 Trophy.

Sergeant R M D L Weerasinghe of 1 Sri Lanka Corps of Military Police, Corporal K D Bandarigodage of 3 Sri Lanka Corps of Military Police, Lance Corporal W R S Fonseka of 1 Sri Lanka Engineers, F H K L Silva of 1 Sri Lanka Engineers and Private W S V Dias of 8 Sri Lanka Light Infantry represented the Sri Lanka Army Team.



Army Basketball Players Made a Comeback after 1977 in National Tournament

The Sri Lanka Army's basketball team competing against island-wide civil and military basketball teams in the concluded 53rd Senior National Basketball Tournament at Sugathadasa Stadium clinched the runner-up slot after a close tussle against their rival, Mercantile basketball team.

The final match was held between the Mercantile basketball team and the Sri Lanka Army basketball team on 20 March 2022. Many sport-lovers, including Major General W M R W W H J B Wanigasekara USP Chairman, Sri Lanka Army Basketball Committee, several Officers and Other Ranks witnessed the event.





Beat Your Stress with These Simple Practices

Stress is a frequently heard term in everyday life now no matter what your career is. It considers no gender no age gap but literally, it is everywhere. Several treatments or activities could support you to relieve your stress during the busy lifestyle.

Stress is our body's natural physical and mental response to challenges or changes. It may help you overcome obstacles and push yourself to new levels of personal growth. But when your body's stress response system starts dysfunctioning, though, the same feelings can become barriers and limit your ability to perform at your best. Research has even shown that stress can trigger or aggravate several conditions and impair the functioning of different body systems. Therefore, it is required to control stress before it controls us.

1. Take a Deep Breath

This may sound unusual as a remedy for stress. But it is unbelievably supportive to relieve your stress. Taking a deep breath and practicing the same few minutes when you are stressed may cool you down and stabilise you with a strong body and mind. Deep breathing will support the blood circulation and bring freshness to the mind.

2. Enjoy a Good Company and Advice

It might be doubtful how the company with others may help to relieve stress. But it does. A good

company increases positivity. But when you are selecting a good company, you must be very careful. The person who lives with negative thoughts all may not support to relieve stress, but a friendly positive friend or co-worker will do help. Also, you



can take the assistance of your parents, or elders. Just try and see.

3. Recall your Success Stories



Success stories are golden memories of an individual. When you are stressed recall the good happy memories, your success stories, and how you had excelled the success. That tames the unreasonable stress and improves and reassures that you are strong enough to combat the negative energy that hinders your success.

4. Play a Simple Game

This might sound unusual, but it does help. This does not refer to playing a game in the playground but of course indoors such as chess, jigsaw, or puzzling. Sometimes even watching your favorite tournament for a while including its spotlight could help to manage your stress. Try and feel the difference.

5. Meditation

Meditation helps in various ways to recover many problems. But also, stress. Meditation does not consume much time but a few minutes. Find a peaceful place. Select your favourite posture and practice deep breathing few minutes. You can select your time frame for the meditation schedule.

Your life is worth it to have a stress-free condition. Try these tips and ensure a healthy mind.



*By Captain Lakmali Kudaligama SLAGSC
Directorate of Psychological Operations
Army Headquarters*

A Lecture on War Literature



Another successful phase of the series of lectures organised by Directorate of Psychological Operations took place at Ranaviru Resource Centre, Wattala on 28 April 2022. A well known novelist and founder of Sri Lankan War Literature, Lieutenant Colonel Sujith Chaminda Edirisinghe conducted a thought-provoking lecture educating the audience. The purpose of the series of programme is to make aware the community on the utmost dedication and sacrifices that the War Heroes have rendered to liberate the country from the three-decade prolonged terrorism. Officers and Other Ranks attended the event enthusiastically.



Krishna's Arrival

(Proposal from Arjuna)

Chapter Two

When I entered the court with Charu, I saw Krishna sitting there while having a deep conversation with my father, King Drupad. As I enter Krishna addressed me.

"Oh Sakhi, what a pleasure to see you. I have longed for you. Therefore, I came.. oh my....see now the way you have grown up.. beyond any comparison.

You remind me of goddess Sri.. almost like a lotus flower you enlighten the court. What a fragrance.."

"Oh Krishna, stop it, will you.. each time you meet me, you say that. Is goddess Lakshmi that much black in complexion like me? Oh do not tease me please... and get to the point at once. Why are you here?"

Krishna laughed with his enchanting and mysterious smile.

"Always so critical and stubborn.. hah..hah.I will get to the point then. I came with a proposal for you."

"Proposal? what proposal? You are not suggesting father to hand over the throne to me I guess."

Krishna laughed at my sarcasm.

"No. Not at all. You are overqualified for the throne. And this is a marriage proposal. For you.. from Prince Arjuna..The third Pandava prince."

My anger rose when I hear the proposal. What will happen to the figure in my mind? I was longing for him day and night. Even at this very moment.

"What? My marriage? And may I ask what right you have over my marriage. You are my friend. That's true. But here I cannot agree with you."

"See Sakhi. I care for you. That's why I...."

"No Krishna. I do not want to hear anything. I reject the proposal"

"Panchali..Calm down.. See you are at the right age now girl. You need to marry".

My father interfered with our argument.

"Father, I respect you. But why so suddenly? and a Pandava man. I do not know anything about him. How can I marry a man without knowing anything about? A total stranger?"

"You do not need to know everything about a man to marry him. Hah..hah. After all, you will be the one to rule over him whoever, the man is. Mark my words. You stubborn girl."

Krishna answered again sharply. Though he seems to be smiling and in a light mood, I sensed the gravity in his tone.

"Father, may I have a word with this man here?" I asked showing Krishna. Knowing my intentions Krishna laughed again and looked at my father.

"Yes, he will explain further about the matter to you." As my father permitted us, I signaled Krishna with my eyes to follow me.

To be continued...



By
Captain J G M R P
Kuvathani - SLAGSC
Joint Service Language
Training Institute
Mawathura



SCHOOL OF SIGNALS

Since its inception, the Corps of Signals (SLSC) has performed brilliantly in its primary task of servicing the communication needs of the Sri Lanka Army. In that endeavour, the SLSC optimised many critical areas including detailed planning and deployment of communication networks and systems, repair and maintenance of equipment and coordinating efforts with other units of the Army. This was only possible due to the competence, capability, and commitment of SLSC personnel across its structural hierarchy and that level of skill and drive could only be achieved through the best training. This was recognised very early in the evolution of the Sri Lanka military and was the rationale for creating the Signal Training Wing under 1 Corps of Signals in 1964, which later evolved into a fully equipped and operational School of Signals.

In January 1992, the School of Signals found a new home on a hilltop at Buwelikada, Kandy. Initially, the school was equipped with outdoor and indoor classrooms, a combat training area, and a physical training area. The modern equipment procured by the Army is technically advanced and included radar, scanners, direction finders and jammers. The school gradually developed and declared open the Lab with the participation of the Chief of Indian Army Staff General Bipin Rawat UYSM AVSM YSM SM VSM ADC as the Chief Guest on 15 May 2018. Having such a modern communication lab worth one million USD at the School of Signals is a matter to be proud only for the Corps of Signals but the whole Sri Lanka Army.

In considering the futuristic aspect of the Corps, the School has taken certain steps to introduce a few tailor-made courses for Officers and Other Ranks of both Signals and Other Arms since 2022. The newly introduced courses are as follows:

- Short Course on Cyber Security for Officers of Corps of Signals.
- Short Course on Close Circuit Television for Officers of Corps of Signals.



- Short Course on Computer Networking for Officers of Corps of Signals.
- Graphic Designing and Video Editing for Other Rank of all arms.
- NVQ Level 5 Diploma in Information Communication Technology.

Adding a new chapter, the School of Signals with the affiliation of the Tertiary and Vocational Education Commission commenced a NVQ level 5 Diploma in Information Communication Technology for Officers from all arms as per the directions of the Commander of the Army in adherence to the Army Way Forward Strategy 2020-2025. Further to enhance the knowledge of the students who are following the courses in the school, versatile and experienced lecturers from military and civil are frequently employed.

The training directly impacts the efficiency of the service of the employees. The School of Signals has identified that reality. Resultantly, the School of Signals has become the prime organisation of Information and Technology in Sri Lanka Army.



Sri Lanka School of Signals

Ranaviruwa Extends Heartiest Wishes for the Newly Appointed Officers



Major General S R K Hettiarachchi RWP RSP USP ndu psc
assumed duties as the General Officer Commanding, 62 Infantry Division on 07 April 2022



Brigadier H M U Herath RWP RSP USP psc Hdmc
assumed duties as the General Officer Commanding, 52 Infantry Division on 14 March 2022



Brigadier W M S C K Wanasinghe RSP USP
assumed duties as the Brigadier General Staff, Security Force Headquarters (Central) on 26 April 2022



Brigadier E M M Fernando AATO Lsc
assumed duties as the Commandant, Army School of Logistics on 04 April 2022



Brigadier B G S Fernando USP psc
assumed duties as the Commander, 242 Infantry Brigade on 22 April 2022



Brigadier D C C D R Waidyasekara RSP
assumed duties as the Commandant, Ranaviru Resources Centre on 21 March 2022



Brigadier M W D N Mediawaka RSP USP
assumed duties as the Commander, 212 Infantry Brigade on 28 March 2022



Brigadier M T K R Silva KSP
assumed duties as the Inspector of Training, Sri Lanka Army Volunteer Force on 21 March 2022



Colonel S P Wickramasekera RWP RSP USP psc
assumed duties as the Commander, 532 Infantry Brigade on 20 December 2021



Colonel M M R Chandrasekara
assumed duties as the Colonel Coordinating, 21 Infantry Division on 31 January 2022



Colonel I B Dasanayaka
assumed duties as the Colonel (Admin and Log) Security Force Headquarters (East), on 06 April 2022



Colonel A R W C Asurasingha RWP RSP USP
assumed duties as the Colonel Coordinating, Security Force Headquarters (West) on 12 April 2022



Lieutenant Colonel A M A C A Urapola RSP
assumed duties as the
General Staff I,
Directorate of
Rehabilitation
on 25 March 2022



Lieutenant Colonel M T I Gunawardena RSP psc
assumed duties as the
General Staff Officer I
(Ops),
Security Force
Headquarters (East)
on 21 March 2022



Lieutenant Colonel L A P M K Liyanaarachchi
assumed duties as the
General Staff Officer I
(Coord),
Security Force
Headquarters (Jaffna)
on 03 April 2022



Lieutenant Colonel U R Gallage RSP USP
assumed duties as the
Senior Staff Officer,
Air Mobile Brigade
on 30 March 2022



Lieutenant Colonel J P W M P D R Almeida
assumed duties as the Staff
Officer I (Log),
Security Force
Headquarters (East)
on 17 March 2022



Lieutenant Colonel A J S Abeynayake RSP
assumed duties as the
General Staff Officer I
(Ops),
53 Infantry Division
on 11 February 2022



Major B M B Herath RSP USP
assumed duties as the
Commanding Officer,
9 Sri Lanka Signal Corps
on 14 February 2022



Major S L W Dissanayake RSP
assumed duties as the
Commanding Officer,
6 Gemunu Watch
on 07 March 2022



Major N G J P Thilakarathne psc AATO
assumed duties as the
Commanding Officer,
4 (V) Sri Lanka Army
Ordnance Corps
on March 2022



Major A M V A Aththanayake Lsc
assumed duties as the
Commanding Officer
Sri Lanka Electrical and
Mechanical Engineering
(Artillery) Battalion,
on 14 February 2022



Major K R M Alawatta
assumed duties as the
Commanding Officer,
16 Sri Lanka National
Guard
on 22 March 2022



Major P G L Hemakumara
assumed duties as the
Commanding Officer,
17 Sri Lanka National
Guard
on 11 March 2022

New Beginning for Agriculture



Brigadier A H L G Amarapala RWP RSP ndc General Officer Commanding, 12 Infantry Division handed over 23 tonnes of compost produced by the troops of 12 Infantry Division to agents of Lak Pohora Pvt Ltd on 4 April 2022 at the 12 Infantry Division Headquarters. The programme was implemented by 12 Infantry Division following the conceptual guidance of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and the Head of the Green Agriculture Operation Centre. The manure stock is aimed to fulfil the requirement of the Yala season. General Officer Commanding, 12 Infantry Division symbolically handed over the bags of compost to the agents of Lak Pohora Pvt Ltd at 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 Lakthilina WR - 11 CES

RANAVIRUWA ADDRESS

Ranaviruwa
Directorate of Psychological Operations
Army Headquarters
Sri Jayawardenepura, Sri Lanka.

EMAIL

dtepsyops@army.lk
ranaviruwa@yahoo.com

TELEPHONE

+ 94 011 2993076

ARMY MICRO

51445/51446

READ ONLINE



PUBLICATION

Directorate of Psychological Operations
Sri Lanka Army



SUPERVISION

Brigadier
KTP de Silva RSP psc



ADVISOR

Lieutenant Colonel
DMM Dissanayake RWP MIR



EDITOR

Captain
KVN Lakmali SLAGSC



SUB EDITOR

Captain
HLU Lakshika SLAWC

Commander Met District Representatives of Ranaviru Associations

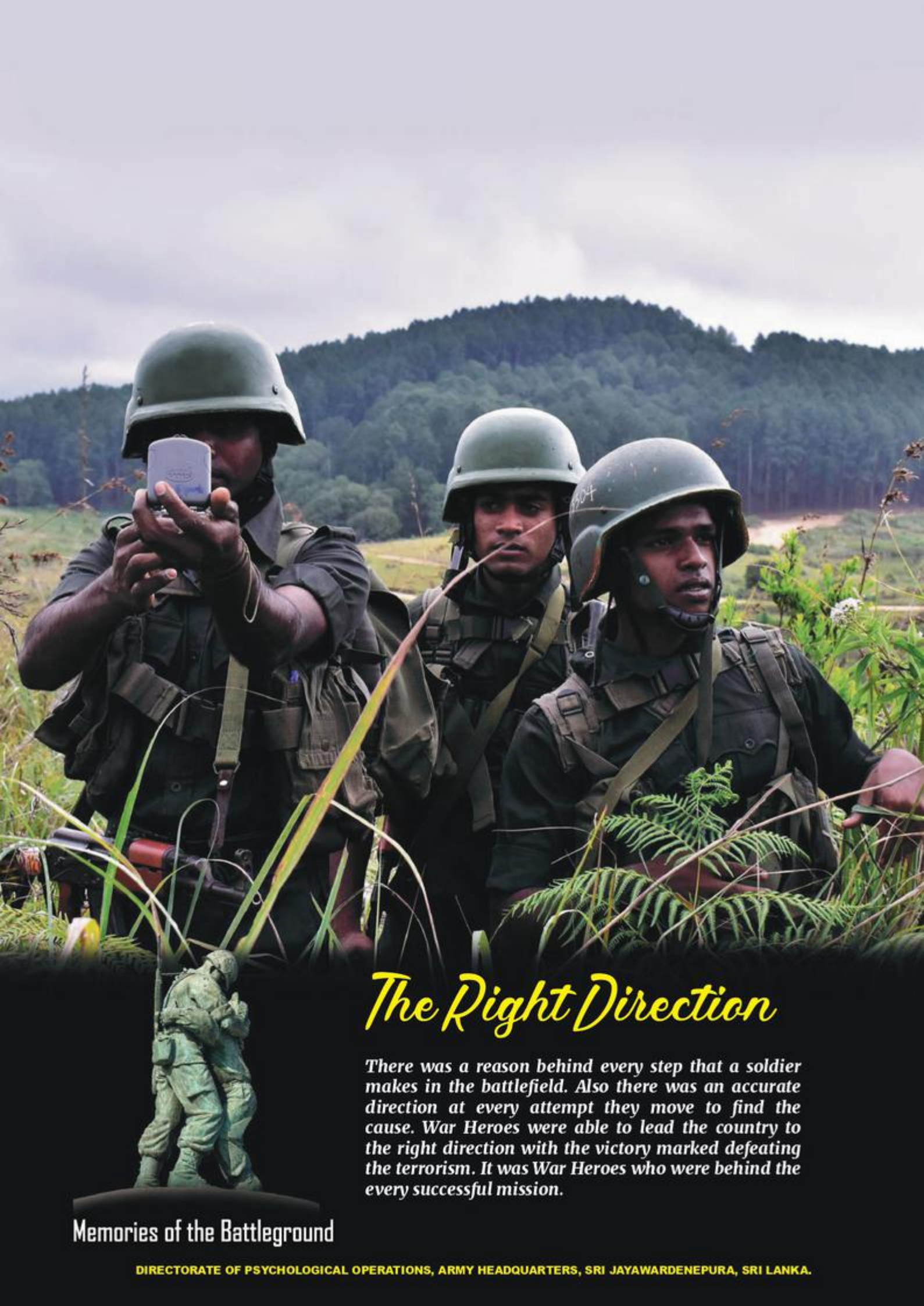


The customary meeting with District representatives of 'Ranaviru Associations', prior to the dawn of the Sinhala and Tamil New Year, got underway on 11 April 2022 with the gracious presence of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army as the Chief Guest at the Army Headquarters.

Those Ranaviru Associations on a concept of the incumbent Commander of the Army were founded on 16 February 2021 at District levels in order to further ensure socio-economic welfare for all retired, medical boarded out, differently abled and family members of fallen War heroes. Accordingly they are able to resolve their issues in close coordination with the Ranaviru Seva Authority, Directorate of Veterans' Affairs and the Directorate of Welfare at the Army Headquarters.

Special New Year gift parcels were awarded to those attendees and members of those Ranaviru Associations as a symbol of appreciation for their dedicated services in the past for the best interests of the motherland. Major General H L V M Liyanage RWP RSP ndu Chief of Staff, Major General D D M K D B Pussella RWP RSP Adjutant General, Brigadier M Mayadunne RSP USP Director Ranavru Seva Authority and a few other Senior Officers attended the ceremony.

Executive members from 22 Districts, representing Kegalle, Kalutara, Anuradhapura, Matara, Kandy, Moneragala, Galle, Nuwara Eliya, Ampara, Polonnaruwa, Colombo, Ratanpura, Matale, Vavuniya, Gampaha, Badulla, Hambantota, Trincomlaee, Mullaittivu, Batticaloa, Puttalam and Kurunegala attended the event.



The Right Direction

There was a reason behind every step that a soldier makes in the battlefield. Also there was an accurate direction at every attempt they move to find the cause. War Heroes were able to lead the country to the right direction with the victory marked defeating the terrorism. It was War Heroes who were behind the every successful mission.

Memories of the Battleground

DIRECTORATE OF PSYCHOLOGICAL OPERATIONS, ARMY HEADQUARTERS, SRI JAYAWARDENEPURA, SRI LANKA.