



AUGUST 2022 16<sup>th</sup> Issue

# Ranaviruwa

***Majestic Moments  
at the Dignified  
Premises***







## *President's Maiden Visit to Army Headquarters*

Honourable Ranil Wickremesinghe, President of Democratic Socialist Republic of Sri Lanka made his maiden visit to the Sri Lanka Army Headquarters at Sri Jayawardenepura at the invitation of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 9 August 2022 amid the red carpet welcome and military honours after the assumption of the office as the 8th Executive President of Sri Lanka.

Honourable Dinesh Gunawardena Prime Minister of Sri Lanka, Honourable Mahinda Yapa Abeywardena Speaker of the Parliament, Honourable Tiran Alles Minister of Public Security, General G D H K Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary to Ministry of Defence, and Mr Sagala Rathnayake Chief of Staff and National Security Adviser to the President, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and several Senior Officers participated in this momentous event.







Attaching more importance to the itinerary, the President in an appreciative move met a representative gathering of Army troops, who performed their duties on that fateful day a few months ago when a violent mob tried hard to take control of the Parliamentary complex which is considered as the pinnacle of the Democracy and Sovereignty of Sri Lanka and distributed appreciative certificates among them in appreciation of their generous contribution. Meanwhile, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army showed his organisation's gratitude to the Commander-in-Chief of the Armed Forces by presenting a special memento on behalf of all in the Army.

## *Commander Paid His First Formal Courtesy Call on New President*

Attaching due recognition and prominence to military formalities, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, made his first formal courtesy call on Honourable Ranil Wickremesinghe, President of Sri Lanka who is also the Commander-in-Chief of the Armed Forces at the Presidential Secretariat on 19 August 2022.

During the courtesy visit, Commander of the Army extended his best wishes to the country's 8th Executive President and assured his organisation's highest commitment to preserve the democratic process, constitution and ensure stability and national security. The Commander of the Army also explained the President on Sri Lankan Army's current readiness to face contemporary challenges.



Towards the end of the brief interaction, Commander of the Army presented a replica of a 'Punkalasa' that symbolises prosperity as a memento to the new President.





## Commander of the Army Met the Villagers of 'Vikumpura' Architect Recalling Memories

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, refreshing his old memories at the time when he was serving as the Commander, 542 Infantry Brigade under the Security Force Headquarters (Wanni), made a rare gesture of interaction with the villagers in the Vikumpura model village near Murunkan on 20 August 2022 and recalled the good old memories with the villages.

The Vikumpura model village with about 70 houses settled terrorism-affected families who were displaced due to LTTE terrorism that plagued both Northern and Eastern provinces before May 2009. Lieutenant General H L V M Liyanage RWP RSP ndu who was the 542 Infantry Brigade Commander of the 54 Infantry Division under the Security Force Headquarters (Wanni) at that time took steps to house those victimised persons to a new settlement in close collaboration with state agencies, the Northern Province Governor, and the Commander, Security Forces (Wanni) after allocation of about 20-40 perches of land for each household.

Meeting with members of 43 families, resident in the Vikumpura village, Lieutenant General H L V M Liyanage RWP RSP ndu exchanged views with them, inquired into their well-being, looked around the village, recalled past memories related to its birth, and gave away 43 gift parcels, comprised of rice, dhal, dry fish, grains, cereals, spices, milk powder, etc as incentives to those Vikumpura villagers. Those Vikumpura villagers were full of praise of the Army Commander's visit and gratefully acknowledged the leadership and efforts for success of the project.

Mrs Janaki Liyanage President, Army Seva Vanitha Unit, Senior Officers, Officers and Other Ranks were associated with the Army Commander's visit to Vikumpura.





## Commander of the Army Received Exclusive Military Honours from SLNG Regimental Headquarters



Troops of the Regimental Centre of the Sri Lanka National Guard (SLNG) at the Heraliyawala Headquarters Battalion extended their felicitation to their Colonel of the Regiment Lieutenant General H L V M Liyanage RWP RSP ndu who is also the Commander of the Army on 31 August 2022 when he arrived there for the first time after assumption of office as the Commander of the Army.

Colonel H A Keertinatha RSP KSP psc Centre Commandant, Sri Lanka National Guard warmly welcomed Commander of the Army laying the red carpet amid the military formalities.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army addressed the troops of Sri Lanka National Guard and appreciated the achievements of the SLNG Sergeant Palitha Bandara in Discus Throwing in Commonwealth Games and awarded a cash incentive to him.

Also, he inaugurated the newly-constructed SLNG Colonel of the Regiment's Office, comprised of all the sections, needed for its smooth functioning. He planted a sapling in memory of his visit to the SLNG premises.

Deputy Centre Commandant, members of the SLNG Council, Officers and Other Ranks attended the event.





## Northern Province Governor Exchanged Views with the Army Commander

The Honourable Governor for Northern Province, Mr Jeevan Thiyagarajah called on Lieutenant General H L V M Liyanage RWP RSP ndu on 5 August 2022 at the Army Headquarters and exchanged courtesies and views on matters of concern to the Northern province as well as the Army's contribution to the development of the peninsula.

During the brief meeting, both agreed to further enhance civil-military cooperation roles in the peninsula and work towards the betterment of civil life in the wake of current economic hardships.



Towards the end of the cordial meeting, Lieutenant General H L V M Liyanage RWP RSP ndu symbolised the goodwill of the Sri Lanka Army by awarding a memento to the Northern Province Governor.

## Memories of Courtesy Meetings

Colonel Paul Clayton MBE of the British Army, the recently-appointed Defence Attaché of the British High Commission, Colombo made his first courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army on 3 August 2022 at the Army Headquarters.

British High Commission's Defence Attaché and the Commander of the Army exchanged views on general matters of concern while recalling bonds of goodwill, cooperation and understanding that prevail between the armed forces of both countries. They also discussed possibilities of further enhancing training programmes for Sri Lanka Army personnel as well as the participation of armed forces of both countries in different exchange programmes.



At the end of the interaction a memento was awarded to the British Defence Attaché extending the gesture of goodwill between the nations.

The Defence Adviser of the Embassy of Japan in Sri Lanka, Captain Yuuki Yokohari met Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army on 19 August 2022 at the Army Headquarters and exchanged courtesies and discussed the general matters of concern.

The cordial interactive further recalled long-lasting bonds of goodwill, cooperation and understanding that exist between the armed forces of both countries. Also, they discussed possibilities of further enhancing training programmes, different exchange programmes and training modules.

Towards the end of the cordial meeting, Lieutenant General H L V M Liyanage RWP RSP ndu the



Commander of the Army awarded a memento to the Defence Adviser of the Embassy of Japan.



## Commander Became a New Member of the National Sports Council



Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army has also been appointed as a member of the National Sports Council of the Ministry of Sports after a decision taken by the government to re-appoint members to the key National Council, chaired by former veteran cricket Captain, Mr Arjuna Ranatunge.

Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army was awarded the letter of appointment after inviting the new members to the National Sports Council Office at the Torrington Avenue on 10 August 2022. The National Sports Council was appointed to advise the Minister of Sports on the policy issues of the sports field.

## Newly-Promoted Major Generals Received Symbols of Authority



A group of recently-promoted eight Major Generals of the Army during a formal courtesy call, received their symbols of authority and greetings from Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 22 August 2022 at the Commander's Office.

Major General S A Kulathunga RWP RSP USP psc of Sri Lanka Engineers, General Officer Commanding, 23 Infantry Division, Major General G M N Perera RWP RSP USP of Sri Lanka Light Infantry on NDC Course (Sri Lanka), Major General W T W G Ihalage RWP RSP psc of Special Forces, General Officer Commanding, 58 Infantry Division, Major General G K I Vithanachchi ato of Sri Lanka Army Ordnance Corps, Director General, Directorate of Ordnance Services, Major General H G P M Kariyawasam RWP RSP ndc psc IG of Sri Lanka Artillery, Director General, Directorate of Staff Duties, Major General J P C Peiris RWP RSP ndc of Special Forces, General Officer Commanding, 57 Infantry Division, Major General H D W K N Eriyagama RWP RSP of Special Forces, General Officer Commanding, 21 Division and Major General S W B Welagedara RWP RSP USP of Gemunu Watch on NDC Course (Sri Lanka) were present at the Commander's meet. However, one more member in the group, Major General R M M Ranasinghe WWV RWP RSP of Special Forces, attached to the Presidential Security Division due to service commitments could not attend the occasion.







Finals and colourful awarding ceremony of the tripartite joint Sri Lanka Army Volunteer Force (SLAVF) Athletics Championship - 2022, 23rd Inter Regiment Army Para Athletic Championship and the Inter Regiment Novices' Sports Meet got underway at Diyagama Mahinda Rajapaksa stadium on 4 August 2022.

Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army, graced the event of energy and sportsmanship as the Chief Guest. The year's combined mega event, competed by hundreds of Army sportsmen/women, disabled War Heroes, novices and athletes representing more than 20 Regiments in the Army and continued for more than a week at respective Regimental levels under the close supervision of Major General D G S Senerath Yapa RWP RSP ndu Commandant, Sri Lanka Army Volunteer Force, Chairman, Army Athletic Committee, Army Para Athletic Committee and Sky Diving Committee after an absence of few years due to COVID-19 epidemic and other practical reasons.

A total of 775 athletes took part in the SLAVF Athletics Championship - 2022 reflecting the true spirit of volunteering and showcasing their sporting skills throughout the tournament. All those SLAVF athletes competed as Inter Regiment (men) and Inter Battalion (women) participants in 50 track and field disciplines. 230 heroic soldiers with varied

disabilities, including almost all of them who sustained disability in the war before May 2009, vied in the 23rd Inter Regiment Army Para Athletic Championship. A total of 597 athletes who were regarded as refreshers tested their athletic skills in the Inter Regiment Novices' Sports Meet and entered the finals.



Major General T J Kodithuwakku RWP RSP ndu Chief of Staff and Chairman, Army Sports Committee, Major General C D Weerasuriya RWP RSP ndu Deputy Chief of Staff, Brigadier W T W G Ihalage RWP RSP psc General Officer Commanding, 58 Infantry Division and Vice Chairman, Army Para Athletic Committee, Brigadier M A R Gunasekara RSP Chairman, Army Handball Committee and Brigadier M T K R Silva KSP SLAVF Training Inspector joined the certificate awarding ceremony.





## *Commander Made a Visit to Panagoda Army Cantonment*

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army made a visit to the Army Cantonment, Panagoda and the Army Seva Vanitha-Sunflower Village at Mulleriyawa on 7 August 2022.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army first visited the Army Seva Vanitha-managed Sunflower Village, together with Mrs Janaki Liyanage, President, Army Seva Vanitha Unit and witnessed its multifunctional aspects. The Sunflower Village, designed to provide a new model of a sustainable community village, is used for diverse welfare projects of different natures, inclusive of 'yoghurt' production unit, nursery and crop cultivation, etc, most of which are managed by the Army Seva Vanitha Unit.

During the visit to Army Cantonment, Panagoda Commander of the Army closely observed utensils that were being used to prepare meals and exchanged views with the chefs and Other Ranks inquiring into the quality of food varieties and the content of calories, etc. He also talked to a section of Army female soldiers partaking of their meals during lunch time at the Mess with a view to receiving feedback at ground level.

Director, Information Technology, Centre Commandant, Sri Lanka Army General Service Corps, and several Senior Officers joined the Commander's visit to the Army Cantonment, Panagoda.



## Highlights of Commander's Maiden Visit to Security Force Headquarters (Jaffna)

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army made his maiden visit to the Security Force Headquarters (Jaffna) after assuming the duties on 26 August 2022.



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army declared open a number of community welfare projects initiated by the Sri Lanka Army in Northern Province at the request of Major General W M G C S B Wijeyasundara RSP USP ndu Commander, Security Forces (Jaffna). Coinciding with the same visit Commander of the Army inaugurated Harmony Theme Park erected for the public entertainment.



CIMIC Park built by the War Heroes at Kopai was also inspected by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and further he witnessed the Football tournament.



During his visit, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army declared open the new house erected on behalf of former LTTE cadre in Jaffna.



## Troops Saluted Commander of the Army during His Maiden Visit to Security Force Headquarters (Wanni)



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army visited Security Forces (Wanni) at the invitation of Major General C D Ranasingha RWP RSP Commander, Security Forces (Wanni) on 27 August 2022.

The Commander, during formal visit, addressed the Officers and Other Ranks drawn from all Infantry Divisions, Brigades and Battalions under command to the Security Forces (Wanni) and underlined the importance of duty commitments and the need for constant enhancement of professional knowledge maintaining highest standards of discipline. Further, he discussed the ongoing Army's Green Agriculture Drive.

Generals Officer Commanding of 21, 54, 56, 62 and 65 Infantry Divisions, Commander Forward Maintenance Area (Wanni), Brigade Commanders, Commanding Officers, Senior Officers, Officers and Other Ranks attended the event.

## Army Commander Visited Security Force Headquarters (Mullaitivu)



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on his way back from Jaffna made his first formal field visit to the Security Force Headquarters (Mullaitivu) as the Commander of the Army on 27 August 2022 in order to receive an update on the role and tasks of the Security Force Headquarters (Mullaitivu).

During the visit, Commander of the Army attended a donation programme that had been organised by the Security Force Headquarters (Mullaitivu) where dry ration packs were distributed among civil staff serving in and also symbolically distributed packs of essential school items to the needy children of Tamil Army soldiers at the invitation of Major General W A S Wannisinghe RWP USP ndu Commander, Security Forces (Mullaitivu).

In addition, Jaganeshwaram Vijitha of Kilinochchi Central College, who won the Silver medal in the Indian Kickboxing competition-2022, and the Boxer, Ganesh Indika Devi of Puthukuduirippu Vidyalaya, who won a Gold medal in the Pakistan Kickboxing competition-2022 were awarded a cash cheque to the value of Rs 50,000 in an attempt to encourage them for more future achievements. He shared a couple of views with them and congratulated both of them.



## Veterans' Holiday Bungalow Declared Open at Home Of Gajaba, Saliyapura



The newly-constructed Holiday Home for the Gajaba Veterans at Regimental Centre was inaugurated by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Colonel of the Regiment of Gajaba Regiment and Sri Lanka National Guard on 28 August 2022 at the invitation of Lieutenant Colonel Deepal Subhasinghe (Rtd) President Gajaba Veterans Association.

The Holiday Bungalow was erected with the purview to provide the entertainment for the members of the Gajaba Regiment which was a long-felt need of the Regiment.

This Holiday Bungalow consists of 3 rooms with all modern furniture and facilities. The opening was coincided with the 19th General Assembly of Gajaba Veterans.

Commander, Security Force (Wanni), Adjutant General (AHQ), General Officer Commanding, 52 Infantry Division, Centre Commandant, Officers, and staff of the Regimental Centre were present at the ceremony.



## Maiden Copy of 'Civilian Bravery in Sri Lanka 1993 - 2018', Presented to Army Commander

The book 'Civilian Bravery in Sri Lanka 1993 - 2018' written by Mr K P Chandraratne, Founding President of Virujana Foundation presented the maiden copy of his work to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 24 August 2022. The book is an anthology of acts of civilian bravery in the past 25 years until the year 2018.

The "Foundation for Civilian Bravery" came into being on 13th January 1993 as a Trust of Mr Kasun P Chandraratne, the Founder and current President of the Foundation, which has been presently incorporated by Parliament Act No. 4 of 2009. As the maiden activity, the Foundation in the year 1993 recognised the ferryman of Ukwatta in Kalutara who died in his attempt to save 6 passengers when his ferry capsized in the middle of the river. Often, those unsung heroes who undertook risks to their own lives to save others are gone unnoticed without any obligation. Therefore, the paramount duty of



any civilized society, especially in the context of the present-day social environment, should be focused on recognising such heroic deeds, Mr Chandraratne stated during the exclusive meeting.



# Army Inter Regiment Rugby Championship Tournament 2022



The final tussle of the Army Inter Regiment Rugby Championship Tournament-2022, was held at Colombo Race Course Ground on 30 August 2022 and Sri Lanka Army General Service Corps (SLAGSC) players won the championship beating the rival, Sri Lanka Signal Corps (SLSC) with 24 points.

Rugby's popularity among both Officers and soldiers has earned a niche for itself in the Army calendar of sports and claims an admirable reputation for the organisation, having produced a wide

assortment of fine-tuned rugby players who have hitherto made record victories both at service and national levels and a considerable series of victories while posing a formidable challenge to rivals across the country.

The tournament began on 27 June 2022 with 16 Regimental teams, including the Sri Lanka Military Academy Team and Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest to the opening.

Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff of the Army, Major General W R M Rathnayake RWP RSP USP, Chairman, Army Rugby Committee, Officers and Other Ranks participated in to witness the event.





## Commander Conducted Unannounced Visit to Ratmalana Camp



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, sensitive to the requirements, facilities, and quality of food being prepared and served at Army establishments, undertook surprise visits separately to the 4 Sri Lanka Engineers camp, Directorate of the Army Band and Performing Arts, and the Army Transit Camp at Ratmalana during lunch intermissions on 14 August 2022 with the objective of receiving a firsthand experience of inside arrangements. Talking to kitchen chefs and staff in charge of different sections, Commander of the Army inquired into daily menus, quality and nutrition aspects, the content of calories, condition of utensils, accessories, equipment and furniture, beds and linen at the accommodation sections before he gave a piece of advice and instructions for further improvement.

## 'Nonewathi Idiriyata' Book Presented to Commander of the Army



Major General (Rtd) M M Sumanasena USP of the Gemunu Watch (GW) called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 29 August 2022 at the Army Headquarters and presented a copy of his new book, 'Nonewathi Idiriyata' which is also the cherished motto of the Highlanders, 'Tarry Not Forward' (Maniwatte Abhikkama).

Towards the end of the interaction, Commander of the Army symbolised the goodwill of the Sri Lanka Army by awarding a memento to the senior veteran.



## Commander Delivered Guest Lecture at the National Defence College



The National Defence College (NDC) at Colombo 3, the highest academic seat of learning for Tri-services and Police in Sri Lanka invited Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army to deliver the customary 'Commander's lecture' on 10 August 2022 to student officers who are following the National Security and Strategic Studies Course No.1 at the request of Major General K A D A Karunasekara RWP RSP VSV USP ndu psc Commandant, National Defence College.

Themed on "Sri Lanka Army Concerns on National Security" the comprehensive lecture encompassed the security challenges and concerns of the Sri Lanka Army since independence, both prevailing and looming threats, security concerns and diversified nature of threats, and gave the floor to Student Officers to interact with the speaker by way of queries and clarifications. The National Security and Strategic Studies Course No 1 is followed by Officers from the Army (14), Navy (7) and Air Force (6) and Police.

## Retired Tri-Service Veterans Presented a Copy of the Book 'Volunteers from Ceylon WWs 1 & 2' to Army Commander

A group of three retired senior veterans met Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 19 August 2022 and presented a copy of their book, "Volunteers from Ceylon WWs 1 and 2" which had been co-authored by all three veterans.

The book carries a detailed account of different assignments of Ceylonese Armed Forces personnel during WW1 and WW2 and how the country received admiration from foreign forces during that period. The trio, Brigadier (Rtd) Hiran Halangoda of the Army, Group Captain (Rtd) Kumar Kirinde of the Air Force and Chief Petty Officer (Rtd) Quintus Andraid of the Navy during the cordial meeting, explained to the Commander why efforts were made in this regard to make it a reference document in the future.



Brigadier (Rtd) Hiran Halangoda, a reputed veteran of the Gemunu Watch of the Army on the same occasion requested the Army Chief to arrange the release of a consignment of 114 ICU beds and mattresses which had been coordinated by him for the benefit of patients in island-wide Army hospitals.





The novel 'Viru Sisu Pradeepa' scholarship awarding programme, exclusively initiated by the Army Seva Vanitha Unit (ASVU) was held on 22 August 2022 at Sri Lanka Army Headquarters. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest at the invitation of Mrs Janaki Liyanage President, Army Seva Vanitha Unit. At the event, financial scholarships, each worth Rs 25,000.00 were awarded to 91 sons and daughters of Army War Heroes' families to encourage those students for higher studies. The project was coordinated and sponsored jointly by the National Defence Fund and the DFCC Bank.

Major General C D Weerasoriya RWP RSP ndu Deputy Chief of Staff, Senior Officers, Officers and Other Ranks were associated with the programme.

## Commander Hailed 'Commonwealth Games' Achievements of Army Participants

Sergeant Palitha Bandara H G and Corporal Kumara Y D I of the Army who won Silver and Bronze medals respectively in the recent 'Commonwealth Games - 2022' in the Para Discus Throw event (F42-44/61-64 category) and the 55 kg weightlifting category were appreciated on their achievements by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 24 August 2022 awarding them cash incentives as an inspiration.

During the interactive meeting with those achievers, Commander of the Army commended their achievements and appreciated their sports skills and performances in this international event and further assured them of continued assistance for the promotion of their athletic talents.

In a similar vein, the Commander appreciated their achievements and awarded them cash cheques to the value of Rs 375,000.00 and Rs 500,000.00 to Sergeant Palitha Bandara H G and Corporal Kumara Y D I respectively as incentives for their future



training prospects.

Brigadier K A W N H Bandaranayake USP Director, Directorate of Sports, was also attended the meeting at the Commander's Office.



## *Inter Regiment Para Wheelchair and Cycle Competitions Successfully Concluded*



The Inter Regiment para wheelchair and bicycle competition, organised by the Headquarters Battalion of Gajaba Regiment was held at Rambewa, Anuradhapura on 3 July 2022 to coincide with the 23rd Army Para Games. 9 wheelchair competitors and 11 cyclists representing 6 Regiments competed in the events.

Lance Corporal Rathnayake H M of Gajaba Regiment won the 1st place of Wheelchair Marathon and Corporal Kumara G P I R of Sri Lanka Sinha Regiment won the 1st place of Cycling competition. Major General T J Kodithuwakku RWP RSP ndu Colonel Commandant of Sri Lanka Light Infantry and Major General D G S Senerath Yapa RWP RSP ndu Commandant Sri Lanka Army Volunteer Force graced the event.

## *The Deputy Chief of Staff Visited “ Ranaviru Apparels ”*



Deputy Chief of Staff (DCOS) of the Army and the Chairman of Board of Management (BoM) of Ranaviru Apparels Major General CD Weerasuriya RWP RSP ndu made his first formal visit to Ranaviru Apparels Factory at Yakkala to witness production process on 10 August 2022. The Deputy Chief of Staff reviewed the present progress of the productions together with Brigadier M A Azad Izadeen RSP Commandant, Ranaviru Apparels and Brigadier A C J Wasage Deputy Commandant Ranaviru Apparels

At the brief meeting Deputy Chief of Staff assured the possible assistance to upgrade the factories to achieve the target and produce high quality uniform for the SL Army. Further, he extended his sincere gratitude to the commandant and all ranks including differently-abled War Heroes of the Ranaviru Apparels for paving way for the success.

Major General W M R W W H J B Wanigasekera USP Master General Ordnance and Brigadier G K I Vithanachchi ato Director, Ordnance Services together with Officers participated in the visit.





## *New House Erected for a Civilian Making a Housing Dream a Reality*

Broadening its community service scope further, a new house erected for Mrs Nagamani Saraswathy and her family was vested in on 27 July 2022 to the beneficiaries by Major General W M G C S B Wijayasundara RSP USP ndu Commander, Security Forces Headquarters (Jaffna). The engineering and technical skills and manpower for the task was provided by troops of 4 and 7 Vijayabahu Infantry Regiment (VIR) and the 523 Infantry Brigade of the 52 Infantry Division. Financial assistance for the house erection was provided by Mr V Manoharan of 'Sathya Sri' Organization in Chandrapuram, Chavakachcheri, Jaffna peninsula. During the brief ceremony, dry ration packs and essential household items for the new house were also donated by the Commander, Security Forces (Jaffna) along with a stock of stationeries, needed for studies of those school students in the family. General Officer Commanding of 52 Infantry Division, Commander, 523 Infantry Brigade, Senior Officers, Government Officials, beneficiaries and their family members and troops who built the new house were also present at the inaugural occasion.

## *Officer Cadets of Sri Lanka Military Academy Visited Jaffna*

137 Officer Cadets Intake No. 91 and 91 B of Sri Lanka Military Academy visited the Security Forces (Jaffna) and Mechanized Infantry Regiment Headquarters on 27 and 28 July 2022. This visit was planned as a part of their training curriculum in line with the Course Study Tour of Officer Cadets.

The visiting delegation consisted with 134 local Officer Cadets and 3 foreign Officer Cadets representing Zambia and Maldives. They were given a comprehensive briefing on Jaffna peninsula, origin and development of the Security Forces (Jaffna), role and responsibility of Security Forces (Jaffna) and activities for military aid to civil community by Colonel K A Pushpakumara RWP RSP USP psc Colonel General Staff, Security Force Headquarters (Jaffna).

During the visit, delegation visited Jaffna Fort, Jaffna Library, Sangupiddi Bridge, EPS War Heroes Monument, Manalkadu Sand Dunes, Northernmost Notch in Sri Lanka at Sakkotei, Wallipuram Kovil, Dambakola Pattuna Ponnale and Keeramalai Pond and Mechanized Infantry Regiment Headquarters. At the end of the event Major General W M G C S



B Wijayasundara RSP USP ndu the Commander, Security Forces (Jaffna) also presented mementoes to Officer Cadets to mark their visit of Security Forces (Jaffna).



## *Special Reserve Platoon Course No. 02 Commenced at Battalion Training School in Pampaimadu*



Following the conceptual layout of Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni) 56 Infantry Division Battalion Training School in Pampaimadu initiated the second phase of Special Reserve Platoon Course for troops of 21, 54, 56, 62 and 65 Infantry Divisions on 22 August 2022. The course is followed by 05 Officers and 151 Other Ranks. The opening address of the course was conducted by Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni). The Special Reserve Platoon Course was designed to develop the fighting power of the Infantry, increasing the manpower, equipment, training and readiness of soldiers.

The course syllabus includes lectures and practical sessions on handling of GPS, Self Defense Methods, Unarmed Combat Methods, VIP Protection, Introduction of Explosives and Demolition, Handling of Weapons, Live Firing, Rules of Engagement,



Special Operation Procedures, Principles of War and Internal Security.

Trainings of this course are conducted by the instructors of Sri Lanka Engineers, Commando Regiment, Marksmanship & Sniper Training School and Battalion Training School.

## *Security Forces (East) Joined Distribution of Dry Rations among Deserving People*



A distribution programme was held at Dehiaththapitiya Yaya, Jayamuthugama Yaya 03 of Aralaganvila Grama Seva Division located in the Area of Responsibility for 9 Artillery Regiment under command to 233 Infantry Brigade under its "Manushyathwaye Sahana Yathrawa" community project. During the event, a consignment of 100 dry ration packs, each valued at Rs 5000.00 was distributed among deserving families. In line with the same event 100 dictionaries each worth of Rs. 2500.00 also distributed among 100 students. Major General G R R P Jayawardana RWP RSP ndu Commander, Security Forces (East) graced the event and the financial assistance was extended by Mr Prasad Lokubalasuriya and his friends.



## Relieves Provided for the Deserving Families by Commander, Security Forces (East)



200 Dry Ration packs were distributed among the deserving families in Thoppigala, Kiliveddy, Kirillaveli Welikanda, Sinhapura, Sewanapitiya and Katuwanwila under another phase of "Manushyathwaye Sahana Yathrawa" on 25 July 2022. Each dry ration parcel was worth of Rs. 5000.00.

The charity event was launched by the Commander, Security Forces (East) upon the financial generosity extended by Mr Prasad Lokubalasuriya.

## Commandos Refurbished Squash Court and Gymnasium



Aiming to improve the physical fitness, stamina and sportsmanship of the Commandos, serving the Regimental Centre at Ganemulla, steps were taken to refurbish and renovate the 'Maroons' Squash Court and 'Captain J F S De Fonseka' Memorial Gymnasium and vested in the Commandos on 26 July 2022 during a simple ceremony. Major General A K G K U Gnanarathna ndc psc Colonel of the Regiment, Commando Regiment and Commander 1 Corps graced the event as the Chief Guest. He further admired the contribution of all Officers and Other Ranks who worked committedly to renovate the facilities in a short period of time.

## Commandos Gifted Relief Packs for Galwewa Monks and Civilians



A distribution programme was implemented by 4 Commando Regiment (CR) troops on 12 July 2022 for 205 low-income families and monks in the Galwewa temple in Hambantota area. The programme was implemented under the conceptual layout of Brigadier V M N Hettiarachchi Commander, Commando Brigade with the sponsorship provided by an overseas-based Sri Lankan philanthropist.





### ***Commander, Security Forces (Mullaitivu) Gave away Awards for the Winners of Badminton Tournament***

Following the conceptual layout of Major General W A S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu), a badminton tournament was organised at the indoor stadium at Northern Province sports complex on 18 August 2022. School badminton players under 20 years of age, belonging to Kilinochchi Central College, Kilinochchi Hindu Maha Vidyalaya and Kilinochchi St Theresa Vidyalaya participated in the tournament. Major General W A S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu) graced the awarding ceremony as the Chief Guest. Senior Officer including General Officer Commanding of 57 Infantry Division, Commander, 571 Infantry Brigade, also attended the awarding ceremony.

### ***Renovated Holiday Bungalow at 682 Infantry Brigade Declared Open***

The completely-renovated holiday bungalow of the 682 Infantry Brigade, 'Bimwadiya' inside the camp in Pudukuduirippu, Mullaitivu was recently declared open by Major General W A S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu) in order to enhance welfare facilities of Officers and Other Ranks at the invitation of Major General R W Ponnampereuma RSP psc General Officer Commanding, 68 Infantry Division.

The renovation of the holiday bungalow as well as the mini swimming pool inside the location was supported by donors following the initiative of Brigadier N C Gallapatti IG Commander, 682 Infantry Brigade. This renovation project was completely carried out by technical staff at the 682 Infantry Brigade.







## ***Security Forces (West) Commander Visited 612 and 613 Infantry Brigades***

Major General D M K D B Pussalla RWP RSP Commander, Security Forces (West) visited 612 and 613 Infantry Brigades under command to 61 Infantry Division on 17 and 18 August 2022.

During the visit, the Commander, Security Forces (West) inquired on the nature of the duties in the camps and soldiers' welfare and shared few thoughts with the Other Ranks.

Major General R M M Rathnayaka RWP RSP USP ndu General Officer Commanding, 61 Infantry Division, Brigadier (Admin/Quartering) Brigadier (Coordinating), Brigade Commanders of 612 and 613 Infantry Brigades joined the visit.



## ***A Workshop on Mess Accounts at Security Forces (West)***

A workshop on Mess Accounts was held on 25 July 2022 following the conceptual layout of Commander, Security Forces (West) under three phases to make aware the Other Ranks on the subject.

The first phase of this workshop was initiated at the Headquarters of Corps of Engineers Services and nearly 30 Other Ranks participated in the workshop.

The workshop was fully supervised by the Security Forces (West) and well-equipped instructors of Sri Lanka Army General Service Corps provided their generous assistance to make the event successful.





## *Providing Relives for the Needy in the Area*



Under the guidance and instruction of Major General K M S Silva RWP RSP ndu Commander, Security Forces (Central), a distribution of dry rations took place on 15 July 2022 at Divisional Secretariat, Uva Parangama with the intention to uplift their life standards of poverty- stricken in the area. 200 dry rations worth Rs 568,000.00 were distributed among the residents in the area. Mr Gopi, a famous philanthropist in the area extended the sincere generosity for the charity work.

## *Commander, Security Forces (Central) Visited 122 Infantry Brigade*



Major General M K S Silva Commander, Security Forces (Central) paid a visit to 122 Infantry Brigade on 01 and 02 July 2022. During the visit Commander, Security Forces (Central) inspected 23 Gajaba Regiment, 20 Sri Lanka Sinha Regiment and 18 Gemunu Watch. General Officer Commanding 12 Infantry Division and Commander, 122 Infantry Brigade joined the visit of Commander, Security Forces (Central).

## *12 Infantry Division Provided Security for Historical Ruhunu -Kataragama Perahera*



Historical Ruhunu -Kataragama Perahera was held on 11 August 2022. The Security for the Historical Ruhunu -Kataragama Perahera was provided by 12 Infantry Division. Major General A H L G Amarapala RWP RSP ndc psc General Officer Commanding, 12 infantry Division participated in the event together with the Officers and Other Ranks.



## *12 Division's Initiative Helped to Get Medical Accessories to Hambantota Hospital*



Responsive to the request of the 12 Infantry Division Headquarters of the Security Force Headquarters (Central), the Sri Lankan Community in the UAE sponsored a consignment of urgently-required medical equipment worth of Rs. 2,14,000.00 to the Government Hospital in Hambantota on 01 August 2022.

Colonel (Coordinating) of 12 Infantry Division Headquarters symbolically handed over the consignment to the Mr Suranga Ubesekara, Director, Hambantota Government Hospital. Several Senior Officers of the 12 Infantry Division and Administrative Officers at Hambantota Hospital were associated with the event.

## *A Donation for Civilians in the Pitigala and Pelawatta Areas*



With the coordination of Sri Lanka Army and the sponsorship of Kalana Mithuro Organisation, a dry ration parcels were distributed among 50 poverty-stricken civilians in the Pitigala and Pelawatta areas by troops of 612 Infantry Brigade.

Each parcel was worth of Rs 5000.00. The charity event took place by troops of 12 Field Engineers under the supervision of 612 Infantry Brigade.

The guidance for the charity task was extended by General Officer Commanding 61 Infantry Division.

## *A Review on the Administrative Affairs in the Under Command Units*



A discussion to inspect the administrative affairs of the units established under command to Forward Maintenance Area (North) was held on 25 July 2022 with the participation of Major General S P I M B Samarakoon Hdmc Lsc Commandant, School of Logistics at the invitation of Brigadier A C A De Soysa Commander, Forward Maintenance Area (North). Compost production, the progress of the Green Agriculture Concept, and Institutional Administration were among the subjects of discussion. All Commanding Officers of the under-command units took part in the discussion.



## ***Corporal Rajapaksa Successfully Concluded Drum Basic Course No. 18 Earning the Pride for Motherland***



S/2J00 315 Corporal Rajapaksa L R G S K of Sri Lanka Rifle Corps has successfully completed Drum Basic Course No. 18 which was conducted in Bangladesh from 08 August 2021- 22 May 2022.

He earned the second place in the course making his regiment and Sri Lanka Army proud. Appreciating his victory, Colonel R M H Jayathissa, Commanding Officer of his Unit extended the heartiest wishes for the winner on behalf of the Sri Lanka Rifle Corps.

## ***A Generous Distribution for the Deprived in Uyilankulam and Thorankandal***



Dry ration parcels were distributed among 34 poverty-stricken families in Uyilankulam and Thorankandal Grama Seva Divisions on 20 July 2022. Troops of 17 (V) Sri Lanka Light Infantry under the patronage of Brigadier K M W Bandara RSP Commander, 651 Infantry Brigade assisted the charity work. Major General E A D P Edirisinghe psc Commander, 65 Infantry Division graced as the Chief Guest to the charity event.

## ***General Officer Commanding, 21 Infantry Division Visited 211 Infantry Brigade***



Brigadier H D W K N Eriyagama RSP General Officer Commanding, 21 Infantry Division made a visit to 211 Infantry Brigade on 9 August 2022. He was warmly welcomed by Brigadier A M C P Wijayarathne RWP RSP psc Commander, 211 Infantry Brigade offering him a Drive Past Guard Turnout at the entrance. General Officer Commanding, 21 Infantry Division addressed the troops of the 211 Infantry Brigade, and the event was attended by Colonel J A C Karunathilaka RWP USP Colonel (Coordinating) and Commanding Officer of 2 (V) Vijayabahu Infantry Regiment.



## 30th Commemoration of Late Lieutenant General Denzil Kobbekaduwa at Arali Point



The 30th Death Anniversary of one of the legendary military leaders in Sri Lankan Military History, late Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc was commemorated in front of the Lieutenant General Denzil Kobbekaduwa statue at Anuradhapura on 08 August 2022. In line with the commemoration a simple ceremony was held under the patronage of Major General K P S A Fernando RWP RSP ndu General Officer Commanding, 52 Infantry Division at the General Denzil Kobbekaduwa memorial at Arali point. Generals Officer Commanding, Commander Northern Naval Area, and Senior Officers attended the event.

## India's Consul General in Hambantota Made a Formal Visit to 12 Infantry Division



Indian High Commission's Consul General in Hambantota, Mr Dipin, PR together with a delegation of the Consulate in Hambantota visited the 12 Infantry Division Headquarters on 4 August 2022 and the delegation team was warmly received by Major General A H L G Amarapala RWP RSP ndc psc General Officer Commanding, 12 Infantry Division.

The General Officer Commanding briefed the delegates on the Army's current engagements against non-traditional threats, troops' commitment to the well-being of the people, green agricultural projects and the support being provided to the smooth conduct of essential services under present circumstances, etc.

## New Signal System Erected at Military Intelligence Headquarters Upgraded



The newly upgraded Signal System of Sri Lanka Military Intelligence Headquarters was declared open by Brigadier B I Assalaarachchi USP psc Chief Signal Officer at the invitation of Colonel T T P Siriwardana RSP psc Isc Centre Commandant, Regimental Headquarters, Sri Lanka Military Intelligence on 22 August 2022. Lieutenant Colonel S A L I Jayasena psc Commanding Officer, 5 Sri Lanka Signal Corps Lieutenant Colonel H M B M B Herath USP Commanding Officer, 10 Sri Lanka Signal Corps participated in the event.



## ***Commander Forward Maintenance Area (North) Visited Under Command Formations***



Major General K W S Rathnayaka, Commander, Forward Maintenance Area (North) visited under command formations to supervise and observe the requirements of the Logistic Units from 8 August 2022 to 12 August 2022. He inquired the present situation and provided the solutions for the existing issues. Officers and Other Ranks attended the inspection.

## ***Leadership and Career Development Course for NCOs at Ampara Successfully Concluded***

The closing ceremony of the 'Leadership and Career Development' Course No. 39, conducted for Senior Non Commissioned Officers (NCOs) got underway at Combat Training School in Ampara on 5 August 2022.

Brigadier JMRNK Jayamanna RWP Commandant of Combat Training School in Ampara delivered the closing address where a total of 79 Non Commissioned Officers followed this 3 weeks-long Course. Sergeant Indrajith Udaya W D of 1 Sri Lanka Army General Service Corps was



selected as the Best Student in the Course. The comprehensive course focused on the true meaning of leadership qualities, prospects for promotion in the career, leadership traits, qualitative approaches and proper decision-making abilities, promotion of command and guiding instructions and exemplary conduct, etc.

## ***Humanitarian Assistance from 4 Sri Lanka Army Women's Corps for Expecting Mothers in Kilinochchi***



Officers and Other Ranks of 4 Sri Lanka Army Women's Corps distributed a pack of nutrients and baby items among the expecting mothers resided at Kilinochchi General Hospital. Medical Staff of the Hospital together with the Director of the Hospital participated in the event. The financial generosity for the charity was extended by 4 Sri Lanka Army Women's Corps.



### 3 Sri Lanka National Guard Celebrated 32nd Anniversary



In line with the completion of 32 years for the 3 Sri Lanka National Guard, the Anniversary Celebrations took place at Kawanthissapura on 14 July 2022 under the patronage of Commanding Officer, 3 Sri Lanka National Guard giving the prominence for the religious observances. Apart from that, a traditional pooja took place at the Kirivehera Pagoda and Kataragama Devala remembering the handicapped and deceased War Heroes of 3 Sri Lanka National Guard. The gymnasium erected for all Officers and Other Ranks was also declared open during the event by Commanding Officer, 3 Sri Lanka National Guard.

### 1500 Dry Rations Distributed among Civilians in Matara Area

1500 dry rations parcels were distributed among the civilians resided in Kamburupitiya, Dikwella, Thalape, Ramukana, Kalugala hena, Thanipita, Mologgoda, Bataandura and Welipitiya villages in Matara District with the intention to be an aid to the economically affected civilians.

Each dry ration was worth of Rs.1500.00 and the charity event was implemented under the theme of "Foundation of Mercy" with the sponsorship of Sri Sidhhartha Foundation in Thalagala and Tan Ngak Buay & Kee Meng Lang Foundation Limited (Singapore). Major General W R M M Rathnayaka RWP RSP USPndu General Officer Commanding, 61 Infantry Division, Colonel K V I L Jayaweera USP Commander, 613 Infantry Brigade and Major G A G S P Madiththapola Commanding Officer 3(V) Gemunu Watch graced the event.



### 23 Infantry Division Troops Commenced Harvesting of Paddy

To support the country's drive to ensure food security, the troops of 23 Infantry Division established under command to Security Force Headquarters (East) cultivated 17 Acres of barren paddy land at Division Headquarters, Punani during the "Yala Season". The troops of 23 Infantry Division ceremoniously harvested the paddy on 21 July 2022 at the simple traditional ceremony collecting 1000kg of rice harvest. The project was initiated to assure a healthy food supply for the public of the country by Sri Lanka Army. Brigadier S A Kulatunge RWP RSP USP psc the General Officer Commanding, 23 Infantry Division together with Officers and Other Ranks attended the harvesting programme.





## Commander Southern Naval Area Met General Officer Commanding and at 61 Infantry Division



After assuming the duties as Commander Southern Naval Area Rear Admiral Harindra Ekanayaka met Major General W R M M Rathnayaka RWP RSP USP ndu at 61 Infantry Division on 28 July 2022. The meeting signifies the collaboration and at the end of the meeting a memento was exchanged between them.

## 573 Infantry Brigade Stimulated Boxer Gifting Accessories

The 573 Infantry Brigade of 57 Infantry Division under command to Security Force Headquarters (Mullaitivu) in order to encourage and appreciate the achievements of the boxer, Jeganeshwaram Vijitha of Central College Kilinochchi gifted her a new set of accessories. Jeganeshwaram Vijitha of Kilinochchi Central College earned a gold medal in the Indian Kickboxing competition.

Brigadier S W R Prasanna RWP RSP USP Commander, 573 Infantry Brigade personally sponsored for the stock of boxing gloves and punching bags for her future training in a simple ceremony held on 10 August 2022.



Brigadier J P C Peris RWP RSP ndc General Officer Commanding 57 Infantry Division graced the event as the Chief Guest. Commanders of 571 Infantry Brigade and 573 Infantry Brigade, Kilinochchi Zonal Education Director, Principal of Central College Kilinochchi and students participated in the event.

## Dry Ration Distribution Programme Held at Vivekaramaya, Pangiriwatta



The 3rd stage of Dry Ration distribution programme for underprivileged families resided in Gangodavila Grama Niladari Division was held on 22 July 2022 at Wevekaramaya Temple, Pegeriwaththa. 204 families received the dry rations during the event. The financial assistance for the event was extended by Thalagala Sri Siddhartha Foundation (Sri Lanka) and the Tan Ngak Buay & Kee Meng Lang Foundation Limited (Singapore). The event was coordinated by Brigadier K M V Kodithuwakku Commander, 144 Infantry Brigade. Reverend monks and Lieutenant Colonel A L R P Amarasinghe Civil Coordinating Officer graced event together with Public Officers, Officers and Other Ranks.





## ***President Army Seva Vanitha Unit Paid a Visit to Viru Kekulu Pre-School, Galle***

Mrs Janaki Liyanage President Army Seva Vanitha Unit paid a visit to Viru Kekulu Pre School, Galle and inspected the progress of Pre School on 23 August 2022. Major General W R M Rathnayaka RWP RSP USP General Officer Commanding 61 Infantry Division together with Mrs Udeni Jayarathne also joined the event. President Army Seva Vanitha Unit further instructed the authorities in charge of the preschool on further development.



## ***Army Seva Vanitha Unit President Met Kids at Viru Kekulu Pre- School during her Visit to Panagoda***



Mrs Janaki Liyanage President, the Army Seva Vanitha Unit with the intention of receiving an update and inquiring into the welfare of the kids learning at the Army Sev Avanitha Unit -managed 'Viru Kekulu' Pre-school at Panagoda made a visit to the location on 29 August 2022.

Major General D M K D B Pussella RWP RSP Commander, Security Forces (West), with his spouse, Mrs Himali Pussella, a senior member in charge of the 'Viru Kekulu' pre-school Panagoda joined the visit. In line with the same event President, the Army Seva Vanitha Unit inspected the beauty saloon and inquired into the status quo, progress and their requirements to further improve standards. Senior Officers, Officers and Other Ranks were associated with the visit.



## *Beauty Culture and Hair Dressing Course Gave Away Certificates*

The beauty culture training programme inaugurated for enhancement of knowledge of women soldiers serving in the Army Seva Vanitha Unit-managed saloons in Diyatalawa, Panagoda and Manning town concluded on 12 July 2022 at Manning Town. This programme was inaugurated under the direction of the Commander of the Army and the President Army Seva Vanitha Unit.

Mrs Nayanamali Jayathunga, Hairdresser and senior lecturer and Dr Asanka Mendis, bridal dresser and hairdresser conducted this programme under the supervision of Mrs Janaki Liyanage President, the Army Seva Vanitha Unit.

The certificate awarding ceremony of the course was held at the Seva Vanitha Budget centre's Mini Banquet hall in the presence of Mrs Janaki Liyanage, President, Army Seva Vanitha Unit.



## *School Bags were Handed Over to President, Army Seva Vanitha Unit*



Mrs Eranga Hewawasam, President Sri Lanka Army General Service Corps handed over 60 school bags to Mrs Janaki Liyanage, President, Army Seva Vanitha Unit on 24 August 2022. These bags will be distributed at Prize Giving at Panagoda. Members of the Sri Lanka Army General Service Corps participated in this charity event.





## ***Army Seva Vanitha Unit President Visited Inmates at Abimansala- 2***

Mrs Janaki Liyanage President, the Army Seva Vanitha Unit paid a visit to Abimansala- 2 (wellness resort) at Kamburupitiya on 09 August 2022 in order to inspect the welfare of the War Heroes who were sacrificed their arms and limbs to safeguard the sovereignty and territorial integrity of the motherland during the Humanitarian Operations.

Mrs Shiromala Kodithuwakku Vice President, Army Seva Vanitha Unit, Major General W R M Rathnayaka RWP RSP USP ndu General Officer Commanding, 61 Infantry Division, Brigadier M A D J D Gunathilaka RSP USP Commandant, Ranaviru Sewana, Ragama and Colonel W G S D S Rajakaruna, Commandant, Abimansala-2, Kamburupitiya, Officers and Other Ranks also attended in the event.



During the event the President, the Army Seva Vanitha Unit distributed gift parcels among the War Heroes and essentials for the use of Suwasahana Holiday resort.

## ***Army Seva Vanitha Ladies Visited 'Abimansala - 3' – Pangolla***



Mrs Janaki Liyanage President, the Army Seva Vanitha Unit visited to the 'Abimansala 3' Wellness Resort at Pangolla on 17 August 2022 with the objective of inquiring into the well-being of disabled War Heroes for the sovereignty and territorial integrity of the motherland. During the ward visit, President, the Army Seva Vanitha Unit had a cordial interaction with those War Heroes and inquired into their family matters and progress in recuperation and health. Later on, President, the Army Seva Vanitha Unit gifted packs of essentials to each War Hero and handed over a few electronic items, glassware for use at this Wellness Resort.

Brigadier S C Ekanayake RSP Director, Directorate of Rehabilitation and Colonel A H Wijegunawardhana RSP Commandant, Abimansala - 3 attended the event. Officers and Other Ranks also participated in the visit.



## *Annual General Meeting of Army Seva Vanitha Unit*

Annual General Meeting of Army Seva Vanitha Unit was held on 18 August 2022 at the Sri Lanka Army Headquarters. The event was held under the patronage of Mrs Janaki Liyanage President, the Army Seva Vanitha Unit. All the Presidents of the Regimental Seva Vanitha Branches participated in the Annual General Meeting. During the Annual General Meeting President, the Army Seva Vanitha Unit discussed the future plans and proposed projects of the Army Seva Vanitha Unit in line with the welfare of families of War Heroes.



## *The 14th Annual General Meeting of the Gajaba Seva Vanitha Branch*



The 14th Annual General Meeting of the Gajaba Seva Vanitha Branch presided by Mrs Janaki Liyanage the Chairperson, Army Seva Vanitha Unit and the Gajaba Seva Vanitha Branch was held at the Gajaba Regimental Centre Officers' Mess on 1 August 2022 with the participation of its members. During the meeting new members were appointed for the designated appointments of the Gajaba Seva Vanitha Branch and many decisions were taken pertaining to the welfare measures planned to be implemented during the year of 2022.

## *Sri Lanka Artillery Seva Vanitha Branch*



A dry ration distribution programme for the civil staff serving in the Regimental Headquarters of the Sri Lanka Artillery took place on 01 August 2022 under the patronage of Mrs Chama Wanasinghe at the Regimental Headquarters. Major General W A S S Wanasinghe RSP psc ndu Colonel Commandant of Sri Lanka Artillery graced the event. Members of Sri Lanka Artillery Seva Vanitha Branch and Other Ranks participated in the charity event.



## Sri Lanka Signal Corps Seva Vanitha Branch



In appreciation of the 07 War Heroes who had achieved the success at the Sri Lanka Army Para Games 2022 of Sri Lanka Signal Corps took place at the Regimental Centre, Sri Lanka Signal Corps on 3 August 2022. Mrs Shashika Herath President, Sri Lanka Signal Corps Seva Vanitha Unit and few members attended the event.

## Gemunu Watch Seva Vanitha Branch



Gemunu Watch Seva Vanitha Branch started a new welfare project under the brand name "Atlanta Products" recently under the conceptual guidance of President, Gemunu Watch Seva Vanitha Branch. Under the welfare project, the spices are packed and produced to the market. The launching ceremony of "Atlanta Products" was held at the Regimental Centre on 30 July 2022 with the participation of Mrs Kumuduni Gunasekara the Chairman, Mrs Janaki Rajapaksha the Director of Spices and Allied-products Marketing Board along with some businessmen in the area. Members of Gemunu Watch Seva Vanitha Branch including Mrs Ruchini Lamaheewa, the President Gemunu Watch Seva Vanitha Branch graced the event.

## Sri Lanka Military Intelligence Corps Seva Vanitha Branch



The Annual General Meeting of Sri Lanka Military Intelligence Corps Seva Vanitha Branch was held on 27 August 2022 with the participation of Mrs Manori Salley President, and Mrs Rajitha Jayasooriya Vice President of Sri Lanka Military Intelligence Corps Seva Vanitha Branch. During the meeting the future plans and projects were discussed in details.



## ***Sri Lanka Army Service Corps Seva Vanitha Branch***



Sri Lanka Army Service Corps Seva Vanitha Branch held a blood donation campaign with the coordination of National Blood Transfusion Service on 12 August 2022 at 2(V) Sri Lanka Army Service Corps with the participation of Officers and Other Ranks. Nearly 80 blood donors participated in the event and the Service Corps Seva Vanitha Branch gifted token of appreciation as an encouragement for the blood donors. Mrs Thushari Wanigasekara President, Sri Lanka Army Service Corps Seva Vanitha Branch graced the event as the Chief Guest of the event.

## ***Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch***



The Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch distributed a stock of school items and accessories to the children of Tamil soldiers serving in Sri Lanka Electrical and Mechanical Engineers during a simple ceremony, held at 'Thalsevana' Holiday Resort on 24 July 2022.

27 Children were benefited from the event and it was implemented under the patronage of good will and reconciliation among the ethnicities under the conceptual layout of President Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch.

Mrs Nandani Samarakoon President, the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch together with the members participated in the event.

## ***Sri Lanka Army General Service Corps Seva Vanitha Branch***



Following the conceptual layout of the President, Sri Lanka Army General Service Corps Seva Vanitha Branch distributed packs of nutrients for the pregnant mothers on 29 July 2022.

In line with the same event spectacles were also distributed for the close relatives of Officers'/ Other Ranks' at the Private Mess. A blood donation campaign was also launched with the participation of all units and regiments at the same event.





## ***Story of a War Hero who Reinforced the Forward Defence of Pudukudurippu***

Mr Abeykoon Mudiyanse Beerahene Gedara Ukkubanda and Mrs Thattu Gedara Biso Manika were blessed with a baby boy on 13 June 1988. He was named as Aberathna Banda. The family lived happily with their 8 members at No 160/05, Mangoda, Kandy. Aberathna Banda had Muthumanika, Senevirathne Banda, Kumarihami, Chandra Kumari, Yeso Manika. He also had another younger sister and brother in time.

It is said that patriotism and warriorship is born but not made. Aberathna Banda was born in a rich land which had produced number of warriors with heroic spirit such as Gongalegoda Banda and Keppetipola to defend the nation from enemy time to time. Thus, the warriorship was in his blood with his birth. He started his primary education from Primary School in Ramukpotha, Theldeniya when he reached at age of 6. The small kid was calm and silent in nature than the any other kids in the class. Soon after completing his primary education, the young man entered to Udawela Primary School, in Namadagala



***S/198852 L/C ABERATHNA BANDA  
AMBG PWV***

to start his secondary education in 2000.

Young Aberathna Banda was not only good at his studies but also with his extracurricular activities. He was a key player in any extra – curricular activity organised in the school. His father had a challenge of breeding 10 kids at the time with the economic burden. His wife supported to lease his family burden and as soon young Aberathna Banda reached home he used to help the household chores of his mother. He often used to work at farm while the other boys in his age were playing cricket in the barren paddy lands.

In time, grown up sisters and brothers bade farewell



split in their ways to make their own future leaving the family responsibility on the shoulder of young Aberathna. Having younger sister and brother, Aberathna Banda worked hard to colour their world as their elder brother.

At the time the battles of North were escalating. Number of bold youths were joining the Sri Lanka Army with the abided patriotism towards the motherland. Aberathna Banda was also inspired by the thoughts of warriorship and said his mum that he will also join the Sri Lanka Army soon. After few days the young lad went to school and said to school principal Mr H Mahindapala Herath Banda "Sir I am going to join the Army. I came to take my school leaving certificate".. Looking at the young bold blood the school principal realised that the young boy was firm and it's too late to persuade him to change his decision to join the military. So, he decided to let the bold youth to join what he wanted.

Please sit son.. You will receive your school leaving certificate soon. A fine line of smile crossed young Aberathna Banda's face. He realised that he is successfully getting closer to his dream. After arranging the required particulars, young Aberathna Banda left the school and family and recruited to Sri Lanka Army on 17 May 2008. The recruit Banda completed his preliminary military training at 4 Sri Lanka Light Infantry under Kloppenburg Training No 10.

Soon after the completion of the preliminary military training, he joined Sri Lanka Sinha Regiment on 12 September 2008. Then after, he was befriended with his weapon and soon after completion of the training at Sri Lanka Light Infantry Regiment he was granted a leave for a week. During the leave, he visited his village and explained how he made his dream a reality. That signified his sincere notion towards the motherland.

After a short time, Aberathne Banda suddenly returned home and spent good time with the family. Gradually the time to departure reached and he packed his things and took blessings of mother and left the home. Suddenly, he realised that he forgot to take his wallet that he left on the table. His mother realised the sign of the bad omen when she saw her son returning home back after a while. Knowing the nature of her son and she said "Son wait a while. Your journey was interrupted nah" stay a while. Take a rest and go ..." Recruit Aberathne's mother Bisomanika cried aloud standing in the pavement of the thatched house with the fear hiding her face from him. Giving a pleasing smile back to his mother he left her. At the meantime, 14 Battalion of Sri Lanka Sinha Regiment members were absorbed to newly formed "C" group of 21 Battalion of Sri Lanka Sinha Regiment on 13 December 2008.

It was during the last phase of the Humanitarian Operation. Recruit Aberathna Banda was deployed at Pudukudurippu forward defence line. Beaten enemies were attempting to attack the military forces as violent flock of wolves when they see their



*Aberathne Banda with his family*

“ Aberathna Banda had tried his best to save all his friends fighting back with his handgun, but it was not easy as he thought. When his bullets were over, he bends and began to crawl searching the empty pockets of fallen friends to find the bullets as he was very determined to end the battle as he was not ready to give up as soon. But soon he realised that his small team is getting weaker before the enemy attack, and he vowed to fight back looking at the dull faces of remaining friends. He waited and thought deeply few minutes. Took a deep breath and bravely took a grenade into his hand. He witnessed how enemies were killing his members one by one in a distance among the fog of tears. After a short while he removed the pin when all the terrorists had circled him. His scattered body spread across the bare land destroying all the enemies. ”



dream of self-state faded away. At the time they attacked the military forces using heavy However, these attacks were not stronger enough to defeat the persistence of Government Forces.

Following the commands issued by the higher Headquarters of Sri Lanka Sinha Regiment, the operation was launched gradually moving forward to affirm the legitimate sovereignty of the nation. They were able to weaken the enemy during their move forward with their strategic attacks.

In the meantime, following the instructions of acting Commanding Officer of "C" Group, 8 man team was formed to conquer the enemy bunkers. The team crossed the forward defence line with the intention to capture the target. The team walked carefully through the pathway where explosives were buried. A single mislead step would cause a massive damage if the explosives were stepped in. The enemy realised the plan of the team and they circled the team and began to attack of all sides.

This unexpected enemy attack took many lives of Recruit Aberathna Banda's comrades. Aberathna Banda had tried his best to save all his friends fighting back with his handgun, but it was not easy as he thought. When his bullets were over, he bends and began to crawl searching the empty pockets of fallen friends to find the bullets as he was very determined to end the battle as he was not ready to give up as soon. But soon he realised that his small team is getting weaker before the enemy attack,

and he vowed to fight back looking at the dull faces of remaining friends. He waited and thought deeply few minutes. Took a deep breath and bravely took a grenade into his hand. He witnessed how enemies were killing his members one by one in a distance among the fog of tears. After a short while he removed the pin when all the terrorists had circled him. His scattered body spread across the bare land destroying all the enemies.

With the brave act of soldier Aberathna Banda, remaining friends of his team took the area under control immediately. War Hero Aberathna who sacrificed his life for the sovereignty of the nation was buried on 2 February 2009 at Mangoda Public Graveyard amid the military formalities and respects leaving an unforgettable footprint in the hearts of the comrades.

21 Battalion Sri Lanka Sinha Regiment paid tribute to their fallen War Hero promoting his rank from Lance Corporal to Corporal awarding the Parama Weera Vibhushanaya (PWV) - the highest gallantry award. His Excellency Mahinda Rajapaksa, President of Democratic and Socialist Republic of Sri Lanka and Commander-in-Chief awarded the Gallantry award. Although, the War Hero Aberathna Banda was buried his act of bravery that the young hero left in the hearts of all shall never be forgotten.

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## *Sri Lanka Army Erected a House for the Underprivileged Family in Medawachchiya*



A newly erected house on behalf of Mrs H A Chandrani Somalatha resided in Kudawewa, Medawachchiya was warmed by Brigadier A M C P Wijeyarathne RWP RSP psc Commander, 211 Infantry Brigade on 27 July 2022. The financial generosity for the event was extended by Dr Ranjani Senevirathne and Businessman Mr Thilak Alahakoon. The manpower and technical assistance was provided by troops of 2(V) Vijayabahu Infantry Regiment.





# ARMY RECRUIT TRAINING SCHOOL-PUTTLAM

Basic military training sets the tone of any Army and stabilises the norms that soldiers will follow throughout their careers. The training is the first step in the process of learning what it means to be a soldier in an Army. The conversion from civilian life to military life will potentially be the most rewarding experience of a person's life. The consequence of becoming a soldier consists of evolving physically fit, self-confident, self-defence, devotion, and dedication, receptive and able to tackle anything that comes his or her way. Identifying the tasks, conditions and standards derives training realism.

The Sri Lanka Army Recruit Training Centre located in Puttlam is such a prestigious training institution that produces skillful soldiers for the defenders of the nation. This military establishment was recently boosted on the directions of the Chief of Defence Staff and Commander of the Army following the recommendations of the Directorate of Training enabling it to admit a large number of recruits at a time for training. At present with limited facilities



By  
Lieutenant M Katugampola  
SLAGSC  
Directorate of Media  
Army Headquarters

available, the Army Recruit Training school - Puttlam has undertaken the training of two recruit courses with the capacity of about six hundred recruits. Troops are being trained under two categories of basic recruits and professional recruit courses before being posted to their units to expand their ability to command and to qualify them to achieve the goals of the organisation.

Victory in service is the ultimate objective of any military training as it is the key function of military service within the fields of community welfare and contingency alertness, disaster management, nation-building to deal with all types of emergencies to protect the motherland. The first consideration



is the discipline and that too, of the highest order. Since the two courses have been scheduled for the period of three and four months which has both day and night packages including physical exercises, drill, weapon training other field exercises and lecture sessions. The regular sessions of the day begin at dawn with physical exercises and it moves through the entire day until dusk.

## DISCIPLINE

Disciplinary training should ensure that the soldier would nevertheless continue the execution by exercising his judgment and applying what he has been taught. Although theoretical instructions supply correct ideas and maintain interest and purpose which are not obtainable otherwise. Yet it cannot replace practical training. Therefore, once the drill has been learned with precision, every exercise irrespective of the size of the unit should require the shape of a manoeuvre against an imaginary outlined or represented enemy.

Getting training in the military is not an easy task. Certain fundamentals of training which they find essential and most important application in war should be ingrained in a soldier's mind as to be considered routine matter when the opportunity arises for their employment. All training should be

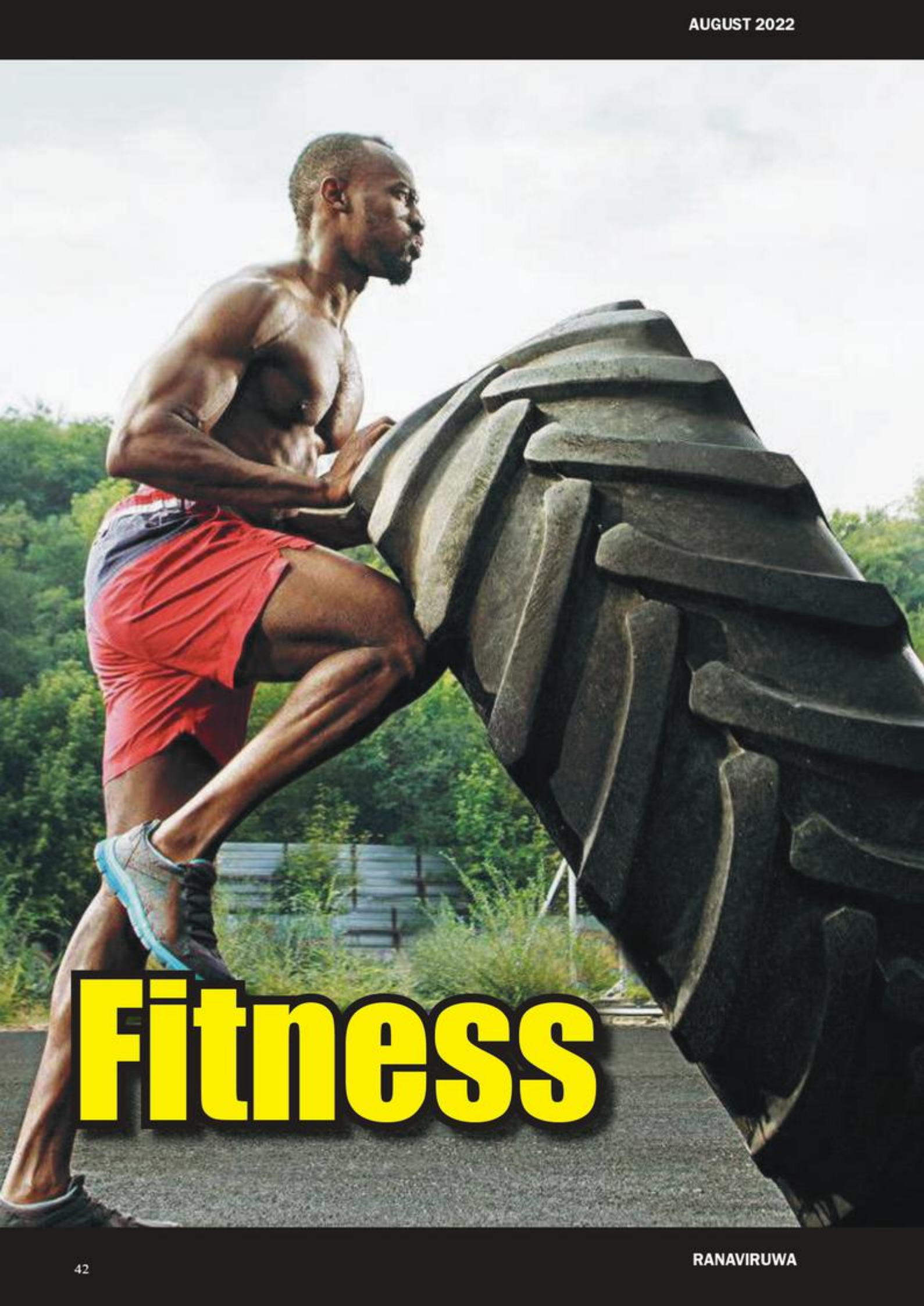
directed toward producing self-reliant leaders. It is impossible to design fixed forms or to give specific instructions that will cover possible situations. Performance-oriented quality training emphasises performance and is paced with the soldier's needs. It always insists on preparation, presentation, practice and performance.

Since the enlistment day, they are entitled to get a handsome salary with many welfare facilities including uniforms, medical (including family members), loan facilities, recreational packages with hotel accommodations, foreign tours etc. In addition to that, they will be given foreign courses where some of them are allowed to work on UN peacekeeping programmes entitling them to get very attractive remuneration packages.

All members of the armed forces enter the profession at the ground level whether they are from any career they are thrust into an organisation whose culture is shaped by the demands of warfare and are significantly different from anything they have previously experienced. At the same time, they are confronted with a myriad of new tasks that they must learn to be valued members of the team. It is said that eternal vigilance must be backed by a striking power and foolproof system of defence which can be developed only through proper military training.







# Fitness



# The secret to catch the endurance in excellence

The endurance is key player in military life equal to food. The fitness is assured by physical activities. Regular physical activity is one of the most important facts to improve the health. Moving more and sitting less have tremendous benefits for everyone, regardless of age, sexuality, race, ethnicity, or current fitness level. However, every age is having a certain level of fitness. Practicing the endurance activities which is not suit for your age may harm your fitness no matter what!

However, there are number of activities that you can try with the little space that you have. There is no golden rule but the only rule that you must not brake is continuity and right choice. If you fail to select the right exercise for the right age you will ended up at the sick bed of a ward in hospital. Fitness maintenance was previously thought to be detrimental to the physical development of adolescents, however, there has recently been a substantial shift in thinking, and exercising with weights is known to increase bone density.

## Exercises for Kids (Age 6-17)

The amount of physical activity children need depends on their age. Children ages 3 through 5 years need to be active throughout the day. Children and adolescents ages from 6 through 17 need to be active for 60 minutes every day. This may sound like a lot, but don't worry! Children may already be meeting the recommended physical activity levels. However, the kids that are above age 6 would require more energetic activities which stretch their body parts. Following activities can be used for kids.

**Aerobic activity:** Most of the daily 60 minutes should include activities like walking, running, or anything that makes their hearts beat faster. At least 3 days a week should include vigorous-intensity activities.

**Muscle-strengthening:** Includes activities like climbing or doing push-ups, at least 3 days per week.

**Bone-strengthening:** Includes activities such as jumping or running, at least 3 days per week.

**Vigorous Activity** such as running or soccer, Activity that strengthens muscles such as climbing or pushups, Activity that strengthens bones such as gymnastics or jumping rope is ideal for the children.

Exercises for Adults (Age 18-64)

Adolescence is a crucial age which required number



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

of exercises for fitness. There is number of exercises that are helping to maintain the fitness of the age. Since the age between 18-64 is crucial as there is a tendency to borne crack, and to develop the non-communicable diseases at this age. Therefore, in simply the exercises for adults can be defined as any physical activities that are anything that gets your body moving. Each week adults need 150 minutes of moderate-intensity physical activity and 2 days of muscle strengthening activity for greater benefits of the individual.

Muscle-strengthening activities as part of your daily physical activity are perfect on adults. This can be:

- push-ups
- pull-ups
- squats or lunges
- lifting weights
- household tasks that involve lifting, carrying or digging.

## Exercises for Senior Citizens (Age 64- and above)

Exercise for senior citizens is much more important as the way to young and kids. Heart disease, osteoporosis, depression and diabetes are common diseases among older adults, and are often deadly. Fortunately, adopting a more active lifestyle can contribute to the prevention of these diseases, or reduce the unpleasant symptoms of these diseases if you already have them. If you are at-risk for disease, exercise may be the key to warding off an unpleasant condition. Therefore, following activities such as

Walking briskly, meaning you can just barely carry on a conversation while you walk (approximately 2.5 miles per hour or faster)

**Recreational swimming**

**Bicycling slower**



**Tennis (doubles)**

**Active forms of yoga (for example, Vinyasa or power yoga)**

**Ballroom or line dancing**

**General yard work and home repair work**

**Exercise classes like water aerobics**

**Jogging or running**

**Swimming laps**

**Tennis (singles)**

**Vigorous dancing**

**Bicycling faster than 10 miles per hour**

**Jumping rope**

**Heavy yard work (digging or shoveling, with heart rate increases)**

**Hiking uphill or with a heavy backpack**

**High-intensity interval training (HIIT)**

**Exercise classes like vigorous step aerobics or kickboxing**

Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits. So be wise to select your workout activities as per your age.







### *Sri Lanka Army in Disaster Relief Action*

Flooding and landslides fueled by the torrential rains is frequent during the rainy season. This hinder the rhythm of civilians taking innocent lives and properties without prior notice. The heavy rain hit the Maskeliya area resultantly a landslide blocking the Nallathanniya-Maskeliya main road depriving the access of the road. Immediately responding the disaster, troops of 122 Infantry Brigade assisted to clear the road with the cooperation of Urban Development Authority and 19 Sri Lanka National Guard opening the road immediately within few hours for the users.

Adverse weather also hit the same way with the landslide of Bagathuluwa blocking the Ginigathhena – Kandy road. The road cleared by the troops of 19 Sri Lanka National Guard under command to 122 Infantry Brigade within few minutes.

Also, Adapana Hospital in Kamburupitiya was also flooded as a result of the adverse weather. Patients and the staff of the hospital were unable to reach the hospital on the day. Responding the timely requirement, troops of 613 Infantry Brigade assisted to provide the transport facilities for the hospital staff and patients with the intervention of Commander, 613 Infantry Brigade.

The main road of Nuwara Eliya-Hatton was also hit by a landslide at Black Hill area hindering the road access. Troops of 3(V) Sri Lanka Sinha Regiment under command to 112 Infantry Brigade assisted to clear the road.







# Sri Lanka Sinha Regiment the Home for Black Swift & Bold Lions

Victory is a landmark of bravery, even in any corner of this earth. It is common to animals and humans. Many human and animal cultures define bravery in different faces in various situations. So it's a jewel to anyone since all can't grab it. Bravery must gain commitment and a strong mentality by defeating the causes of fear. So if someone did an act with bravery, we call it an act of Lion. Thus the lions are called mirrors of Bravery.

But today's story is not about lions in the jungles. It's all about the lions on two-feet, who fought against the LTTE terrorism spread in Sri Lanka under the theme of 'Swift and Bold'. With this signature, whole country knows them as Sri Lanka Sinha Regiment (SLSR). These brave lions were forefront at many operations in the Sri Lankan history, during Humanitarian Operations.



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

They are comparatively different from all other regiments in the Army. They have their own identity, mainly in colours of insignias. Generally, when Stars' name is heard, we can imagine shiny objectives, but lions haven't that shine in any insignias. All of them are pure black without tiny shine even in the insignias of Officers. Meantime, Other Ranks also have the same strips and emblems in black. Even though all signs are black, these



lions shine always with bravery in the field. They are different from other regiments at their speed of march. They march like arrows with quick steps (140 steps per Minute, whilst other regiments march 120 steps per Minute). The Regiment was formed according to the traditions of the Royal Green Jackets Regiment in the United Kingdom, which Amalgamated with the Royal Light Infantry in 2007.

These brave sons have a proud history in the Army. The Regiment formed as the Government felt the need to expand the Army's infantry capability. Rifle Regiment designated the 1st Battalion Ceylon Sinha Regiment which was raised on 1 October 1956, with its headquarters at the Imperial Camp Diyatalawa. Lieutenant Colonel R D Jayatilaka was appointed as the first Commanding Officer.

This swift and bold black have served over years with the establishment. The lion dens were strategically established according to the country's needs, starting with insurgency and ruthless wake of terrorism. Although, in reality, they showed their bravery during the humanitarian operations and 143 Officers and 3719 Other Ranks made the supreme sacrifice while defending the country's territorial integrity.

The Bravery of the lions is honoured by the Nation with the gallantry award of Parama Weera Vibhushanaya (PWV) (the "Decoration of Supreme Heroism") which is Sri Lanka's highest military decoration, awarded for acts of exceptional valour in wartime. This award is granted for "individual acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy".

Captain Saliya Aladeniya (Hero of the Kokavil -1990 ), Corporal Gamini Kularathna, well-known as Hasalaka Gamini (Hero of Elephant Pass in 1991), Corporal Abeyrathna Banda, Sergeant A M Anura, Lance Corporal Mahinda Rajapaksha who earned the highest gallantry award-Parama Weera Vibhushanaya (PWV) are also among the valorous products of Sri Lanka Sinha Regiment. Sri Lanka Sinha Regiment had produced the country's first ever Field Marshall as a landmark in their proud story.

Now the war is over, but the lions are still there around Sri Lanka with Regular Battalions of 1 Sri Lanka Sinha Regiment in Ambepussa, 4 Sri Lanka Sinha Regiment-Nelliaydi, 6 Sri Lanka Sinha Regiment-Visuwamadu, 7 Sri Lanka Sinha Regiment - Palugaswewa, 8 Sri Lanka Sinha Regiment-Kegalle, 9 Sri Lanka Sinha Regiment-Paranthan, 12 Sri Lanka Sinha Regiment - Ellankulam, 14 Sri Lanka Sinha Regiment- Oddusudan, 16 Sri Lanka Sinha Regiment- Kanagarayamkulam, 20 Sri Lanka Sinha Regiment - Kataragama, 21 Sri Lanka Sinha Regiment - Omanthai , 23 Sri Lanka Sinha Regiment-Pothuvil, 24 Sri Lanka Sinha Regiment - Alampil, Headquarters Battalion Sri Lanka Sinha Regiment and Volunteer Battalions of 2nd(Volunteer) Battalion of the Sri Lanka Sinha Regiment - Kandy, 3rd (Volunteer) Battalion of



the Sri Lanka Sinha Regiment -Nuwara Eliya, 5th(Volunteer) Battalion of the Sri Lanka Sinha Regiment- Mullaithivu, 11th (Volunteer) Battalion of the Sri Lanka Sinha Regiment- Kampatakulam, 15th (Volunteer) Battalion of the Sri Lanka Sinha Regiment- Periyawalayankaddu, 17th (Volunteer) Battalion of the Sri Lanka Sinha Regiment-Kampatukulam.

Presently the regimental centre of the Sri Lanka Sinha Regiment is located in Ambepussa in a picturesque location rich with architectural and landscaping settings and the natural beauty of flowing Madu Oya. The uniqueness of this proud Regiment was to be privileged to receive a presidential truncheon and the regimental truncheon on 30 January 2017 by His Excellency, the President of Democratic Socialist Republic of Sri Lanka. It was a historical day in Sri Lanka and Sri Lanka Army history where the 1st truncheon was awarded to a regiment that can use in ceremonies when other regiments use their presidential and regimental colours.

This Lions Regiment has the most significant architectural achievement: an eco-friendly library constructed by the troops in Regimental centre Ambepussa. It was recognized as the world's second best and was nominated for the Silver Medal in the 4th International Eco-Friendly Construction competition by the "Holcim Foundation". It was beating 151 competing countries. Those are the few significant flashbacks of the lions. Especially every Sri Lanka Sinha regiment battalion is now practising the 5S Concept in line with the Sri Lanka Army Way Forward Strategy 2020-2025. All these new elements further contribute to the Nation under the genuine leadership of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

So these lions in the dens are now joined their hands for the country's betterment in all nation-building activities, Green Agriculture enhancement, assisting the nations in natural disasters, enhancing the reconciliation between nations and many more with love and care together with their swift and bold commitments.



# Be away from these toxic characters



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





## 1. Chronic Opinion givers

Chronic Opinion givers attempt to ruin your sensitivity with their sneaky and poisonous thoughts on the topics that are sensitive to you. They carefully observe you and then spread their negative thoughts condemning your personality putting you in a trouble in various mean ways. Here are some of examples that you have experienced with.

“ Oh look at you.. you looks so fat.. gained weight again?

“See your age aren't you marry. Your age is passing”

These chronic opinion givers prefer to put you in trouble with their condemning vocabulary. In such occasions you ask their opinions, they will project you what they wanted to tell you. These type of friends are not of course ideal friends to share your opinions. Better to stay away from these people.

## 2. Sympathy Seekers

You might see a friend who needs your help desperately sometimes or may be always. They ideally pretend in a way to win your confidence. However, they may not need your help. There are plenty of victim gamers who play this game to win the sympathy of others until their work is done or to make it done. So do not be victimised from these types of people. Sympathy is a generous feeling that should not spend on sympathy seekers who are really not need it. So be careful.

## 3. Needy people

There is a popular Chinese saying - give a man a fish and you feed him for a day; teach a man how to fish, and you feed him for a lifetime? Well in a nutshell the needy people don't want you to teach them how to fish. They just want you to give them your daily fish and be there for them nonstop.

In such case you create a space between them and you, they will make sure that you feel sorry, guilty, and ashamed for not helping them. These people are not always ready to accept the life as it is but always, they will tell of how others helped them winning their life. So don't fall in the trouble.



## 4. Complainers

Life is not a bed of roses as it has many up and downs and thick and thins. But in our life at some point, we want to share our thoughts with someone. It may be some problems. But if there is a person who complains nonstop about everything and everyone, that is exhausting.

Complainers take the life out of your life by constantly pointing out what is wrong with the whole world. If you value your health, sanity, happiness, and well-being, you should stay away from these types of people.



## 6. Manipulative People

Identifying manipulative people can be quite a challengeable and difficult to discover immediately, especially if they are really close to us. They know what to say when to say it, and they seem to do all things perfectly.

Even though your eyes may not see them for who they truly are, your intuition will somehow know something is off, your gut will send you all kind of signals that something is wrong. If you still could listen, understand and follow your heart, you will save yourself from a whole lot of pain, drama, and misfortune. So please, keep your eyes wide open. Trust your instincts!

## 5. Blamers

People who constantly blaming pointing at their parents, partner, children, boss, workers, society, and the whole world for how miserable and unhappy their lives are, are people who haven't yet learned to assume responsibility for their own lives. If they point out the finger at others, they will eventually point out the finger at you as well. Stay away from them.

## 7. Gift givers

Who doesn't love gifts. Yes, we all like them. But do you know that some people use it to win you and keep you under control. They give you a gift and resultantly they eject their intentions with it. This is how they “trick” to control and manipulate you by offering us a gift, after gift, after gift. Why?



Because they know that we will feel as though we are indebted to them, which makes it easy for them to control and manipulate us.

## 8. Energy Absorbers

There are some people who boost your energy and reduce your energy and enthusiasm towards your goal. These Energy Absorbers will suck your positive vibe with their negativity. They will always say what you are doing will give you a negative result. They drain your power to rethink, and their association may further stress you. So who should stay away from them.

## 9. Gossipers

There are plenty of people who talk of others other than them among us. They will always find a topic to laugh at others or find mistakes of neighbors. However, identifying these character is fairly easy

than the other characters. If someone talks badly about others with you, they talk badly about you with other people. It's a pattern. A disease. An addiction. If you value your peace of mind, your happiness, and well-being, you will stay away from these toxic people.

## 10 Flatters

"One of the most powerful lessons I have learned from life is to always keep your two feet on the ground." Because "When you stand with your two feet on the ground, you will always keep your balance." So, to avoid the flatters you must know your worth. You must know of your talents, your future career goals, and your inspiration not in eyes of flatters, but in the eye of yourself. Flatters use seductive and deceiving praises, and they are only trying to trick you into doing the things they want you to be doing. So, stay away from flatterers.

## A Seminar to Promote "Green Drive" for Commanding Officers Held at Kilinochchi



Sri Lanka Army Corps of Agriculture and Livestock provided an immense collaboration to boost the Green Drive - an Army designed agriculture solution for healthy nation during the past few months. With the purpose to provide the solutions for the remaining administrative issues at the battalion levels in Sri Lanka Army Corps of Agriculture and Livestock across the island, 6 Battalion, Sri Lanka Army Corps of Agriculture and Livestock held a seminar at Akkarayankulam, Kilinochchi on 12 August 2022. The seminar was headed by Major General W B S M Abesekara RSP USP Director General Finance Management and Colonel Commandant of Sri Lanka Army Corps of Agriculture and Livestock. Brigadier K A Rajapaksa RSP Director Agriculture and Livestock, Officers and Other Ranks attended the seminar.



## A House Gifted for the Under Privileged Family

A new house erected for a deserving family resided at Wasanthipuram Grama Seva Division of Mannakandal area under command to 14 Sri Lanka Sinha Regiment was warmed to beneficiary on 10 August 2022. The project was implemented under the guidance of Brigadier D P K C Jayawardana USP Commander, 641 Infantry Brigade. Troops of 14 Sri Lanka Sinha Regiment extended their manpower and technical expertise for the construction of the house. The Officers and Other Ranks of 14 Sri Lanka Sinha Regiment participated in the event.



# MONOGAMY VS POLYGAMY (WEDDED TO ARJUNA)



“Swayamvar ended happily for Krishna” I thought. And for my father and the Five Pandavas. But not for me, the bride, the most important person in the swayamvar. Their desired partner was selected ultimately. Not mine. Is this the destiny? Is this the meaning of my dream about Karna and Arjuna?

“Your highness, it’s time for the departure. Prince Arjuna is waiting out side.”

I heard Charu’s calling as I looked at the portrait of Karna in my room.

“Sakhi, aren’t you opening this door? Come out at once. Arjuna and your father are waiting for you.” Krishna shouted while tapping loudly at the door.

I opened the door and looked directly at him. He stepped back as if he has read my disgust for him.

“Panchali, I .....” He began as I interrupted.

“I have nothing to talk to you. You have proved your so-called friendship a while ago at the swayamvar, haven’t you? I understood your intention very well Krishna. Do you expect to take over my father’s kingdom after him, don’t you? Since I’m his only



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

daughter and you know about the unfortunate condition of my twin brother right ! He will never be able to ascend to the throne. So you made this nice plan of marrying to your cousin Arjuna hah? Very well I will act according to your plan. But remember, hereafter, I don’t want to see you ever again. You yourself breached our friendship. You aren’t a friend of mine anymore.”

“Panchali, what exactly are you talking about? To take over your father’s kingdom? Are you mad? You know I .....” I ignored him and walked out of the door. He was shouting my name as I get into the chariot. I paid no attention to him or anyone.

It was getting dark, as we reached the destination. I was feeling numb throughout the journey. As soon as the chariot stopped, Arjuna took my hand while helping me to get down.

“Welcome to our humble home Panchali. Since we are banished from the kingdom, we had to live in this jungle you know. We made this little home for our mother. Come, let’s go in and greet her. She’ll be surprised to see you.”

All Pandava brothers followed us, as we went into the house. Though, it was a humble home, it had all the necessities of a house. This was the very first time of mine, to enter into another household. Especially, a humble abode which isn’t a palace. As I looked around with much curiosity, Arjuna and others were in search of their mother.

“Maa, maa where are you? Come and look at what we brought.”

“Maa, come soon.”

They shouted cheerfully as I was wandering around. What kind of a person will she be, I thought again and again. I have heard much stories about the strict mother- in -laws even at the royal palaces. I took a heavy breath.

“What is there to look. Share whatever you brought among yourselves.”. Finally, Queen Kunthi spoke, unknowingly sealing my destiny to be the shared wife of Pandava brothers forever.





### ***Para - Athletic Won the Silver at Commonwealth Games 2022***

Corporal Palitha Bandara of Sri Lanka National Guard won Silver in the Men's Discus Throw (F42-44 / 61-64 category) Para Athletics event at the Commonwealth Games 2022 in Birmingham, England.



### ***Corporal Anthony Won Silver at Javelin Throw***

S/G102696 Anthony K A O of 2 (V) Gajaba Regiment won Silver at Javelin Throw in the National Junior Sport Meet 2022 which was held on 09 June 2022.



### ***Army Taekwondo Players Won Gold, Silver and Bronze Medals***

The 'Korean Ambassador Taekwondo Championship' tournament inaugurated at Maharagama National Youth Council Indoor stadium on 2,3 and 4 August 2022 with the participation of leading sports clubs in the country. Army Taekwondo players competed in Sprain, and Aerobic events and collected 03 Gold, 08 Silver and 06 Bronze medals in both male and female categories during the tournament.



## Army Cricketers Contend as Runner-up in 1st Class Major Championship

The Sri Lanka Army Cricket team emerged as the runner-up at the finals in the 1st Class Major One Day Limited Over Cricket Championship 2022, organised by the Sri Lanka Cricket Control Board. The finals got underway on 2 August after many island-wide cricket clubs under A and B categories vied in the tournament. The Army cricketers competed under the B category. In the finals, the Army team played against Tamil Union CC at the SCC ground and collected 198 runs for 49.5 overs. Tamil Union Cricketers had to get 153 runs in 37 overs under Duckworth-Lewis-Stern method. They marked the victory in 31 overs by 3 wickets. Sri Lanka Army Cricketers became the runner-up in 1st Class Major Championship.



## Sri Lanka Light Infantry Won the Championship at the Inter Regiment Para Beach Volleyball Team Tournament-2022

The Army Para-Beach Volleyball Tournament championship was won by players in the Sri Lanka Light Infantry (SLLI) pushing Special Forces (SF) players to be the runners-up and Sri Lanka National Guard team to be the 2nd runner-up. Also, the Sri Lanka Engineers organised the Inter Regiment Army Para-beach volleyball competition in the artificially done beach patch at Panagoda inside the 1 Field Engineer Regiment Beach Volleyball Court from 23 to 24 July 2022. The competition coincided with the 23rd Inter Regiment Para Competition 2022 of the Army.

The Center Commandant of the Corps of Sri Lanka Engineers, Senior Officers, Officers and Other Ranks witnessed the final match.



## Army Footballers in Thailand Shined Well



Army footballers representing Sri Lanka in the 35th World Sepak Takraw Championship in Thailand from 24 July to 01 August 2022 beat players from Switzerland, Brazil, Pakistan and Iraq.

04 male players and 05 female players with the team manager and the coach attended the tournament.

Director Personnel Administration closely supervised this team as the Chairman, Army Football Committee.



## Army Weightlifter in Birmingham Earned Bronze Medal



The Army Weightlifter, Corporal Kumara Y D I of 2 (V) Sri Lanka Army General Service Corps in the 'Commonwealth Games 2022' in Birmingham – United Kingdom added history and won the Bronze Medal in the 55 kg weight lifting category on 30 July 2022. The Army participation assumes greater significance this time since the entire National Boxing Team is represented solely by Army Boxers.

37 Sri Lanka Army athletes and players including women cricketers participated in the 'Commonwealth Games – 2022' and the group, composed of competitors in swimming, judo, basketball, beach volleyball, cricket (Women), Rugby, Boxing, Athletics, Badminton, and para wrestling.

## Sri Lanka Light Infantry Team Won Para Indoor Rowing Championship

The Sri Lanka Light Infantry Regiment's (SLLI) Headquarters Battalion rowed during the Inter Regiment Para Indoor Rowing Tournament that got underway to coincide with the Army Para Games and won the first place, pushing the Vijayabahu Infantry Regiment's Headquarters Battalion team and the Special Forces Regimental Headquarters Battalion team respectively as runners up.



The tournament kicked off at the Physical Fitness Training School in the Panagoda Army Cantonment as teams or pairs from 19 to 20 July 2022 competed by 29 differently abled War Heroes of 7 Regiments.

The winners were awarded relevant trophies and certificates by Director Quality Assurance.

## Gajaba Regiment Players Won Championship in Para Badminton Tournament



Para-Badminton Tournament championship was won by players in the Gajaba Regiment team with 03 gold medals, 1 silver medal and 3 bronze medals pushing Vijayabahu Infantry Regiment players to be the runners-up. The Regimental Headquarters Battalion, Gemunu Watch organised the Inter Regiment Para-Badminton competition at Panagoda indoor stadium from 14 to 15 July 2022 in parallel to the 23rd Inter Regiment Para Competition 2022 of the Army. Director, Directorate of Army Band and Performing Arts attended the awarding ceremony as the Chief Guest on 15 July 2022.



## Water Polo Men's Open Team Won by Army Players



The Novices Water Polo Championship – 2022, organised by Sri Lanka Aquatic Sports Union got underway on 27 August 2022 at Sugathadasa Indoor Stadium swimming pool complex. The Sri Lanka Army team won the Men's Open Team Championship. Rifleman Wimalasiri R W I S of the 16 Sri Lanka Sinha Regiment (SLSR) was adjudged the Best Player (open category). Chairman of the Army Aquatic Sports Committee congratulated the winners.

## Security Forces Headquarters (Mullaitivu) Conducted Cricket, Volleyball & Football Tournaments



Cricket, Volleyball, and Football tournaments that could further boost understanding and service ties between Officers and Other Ranks serving all establishments including training schools under the Security Force Headquarters (Mullaitivu) were organised at 6 Sri Lanka Sinha Regiment ground in Mullaitivu from 1- 13 August 2022 following the conceptual guidance of Commander, Security Forces Headquarters (Mullaitivu).

The tournament was organised in order to further promote sports skills and build up better ties among the Officers and the Other Ranks at battalion levels. The Cricket tournament, held from 01 August 2022 to 03 August 2022 awarded the Championship trophy to 9 Vijayabahu Infantry Regiment cricket team. 6 Sri Lanka Sinha Regiment players were the runners-up.

The Volleyball tournament, conducted from 04 August 2022 to 07 August 2022 and awarded the Championship trophy to 9 Vijayabahu Infantry Regiment players. 7th Battalion of Sri Lanka Light Infantry players carried the runners-up slot. The Football tournament meanwhile after a neck-to-neck tussle gave the Championship trophy to 6 Sri Lanka Sinha Regiment players.



## Ranaviruwa Extends Heartiest Wishes for the Newly Appointed Officers



**Major General  
A C Lamahewa WWV  
RWP RSP**

assumed the Office as  
the Director General of  
Infantry

on 04 August 2022



**Major General  
K A W S Ratnayake ndu**

assumed the duties as  
the Commander,  
Forward Maintenance  
Area (North)

on 23 August 2022



**Major General  
H G P M Kariyawasam RSP  
ndc psc IG**

assumed the duties  
as the General Officer  
Commanding,  
56 Infantry Division

on 30 August 2022



**Brigadier K N D  
Karunapala RSP**

assumed the duties as  
the Brigadier General  
Staff Officer,  
Security Force  
Headquarters (Jaffna)

on 18 August 2022



**Brigadier  
R P Munipura RWP RSP**

assumed the duties as  
the Commandant,  
Combat Training School

on 22 August 2022



**Brigadier  
P R Pathiravitana psc**

assumed the duties as  
the Director,  
Directorate of Staff  
Duties

on 26 August 2022



**Brigadier  
A M K G P S K Abeysinghe**

assumed the duties as  
the Director,  
Directorate of Pay and  
Records

on 26 August 2022



**Brigadier  
S N Kithulgoda USP**

assumed the duties as  
the Brigadier (Admin/  
Quartermaster),  
1 Corps, Sri Lanka Army

on 03 August 2022



**Brigadier  
D M K Chakravarthi RSP**

assumed the duties as  
the Commandant,  
Abhimansala I  
(Suwasahana)

on 03 August 2022



**Brigadier  
TN Majeed RSP USP Isc**

assumed the duties as  
the Director,  
Directorate of  
Psychological Operations

on 10 August 2022



**Brigadier  
G P P Kulatilaka**

assumed the duties as  
the Commander,  
582 Infantry Brigade

on 10 August 2022



**Brigadier  
L W S R Wettasinghe**

assumed the duties  
as the Director  
(Administration),  
Kotelawala Defence  
University Hospital

on 04 August 2022





**Brigadier  
T T P Siriwardene RSP  
psc Isc**  
assumed the duties  
as the Centre  
Commandant,  
Military Intelligence  
School  
on 18 August 2022



**Colonel  
D S Jayawardana RSP**  
assumed the duties as  
the Commander,  
561 Infantry Brigade  
on 15 August 2022



**Colonel  
U R I B Ranatunge RSP  
USP**  
assumed the duties as  
the Colonel General Staff  
Officer,  
57 Infantry Brigade  
on 28 August 2022



**Colonel  
P J M De Silva RSP USP**  
assumed the duties as  
the Colonel (Admin/  
Quartering),  
57 Infantry Brigade  
on 09 August 2022



**Colonel  
H P N Parackramawansa  
RSP USP**  
assumed the duties as  
the Colonel (Admin/  
Quartering),  
Security Force  
Headquarters (Central)  
on 06 August 2022



**Colonel  
G T C Madurawala USP**  
assumed the duties as  
the Colonel (Admin/  
Quartering),  
Security Force  
Headquarters  
(Mullaithuvu)  
on 08 August 2022



**Colonel  
M K A D Chandramal**  
assumed the duties  
as the Colonel  
(Coordinating),  
Security Force  
Headquarters  
(Mullaithuvu)  
on 08 August 2022



**Lieutenant Colonel  
AAT Somartna USP**  
assumed the duties  
as the General Staff  
Officer I, Security  
Force Headquarters  
(Mullaithuvu)  
on 08 August 2022



**Lieutenant Colonel  
KASAK Kulasinghe RWP  
RSP Lmc**  
assumed the duties as  
the General Staff Officer  
I (Coordinating),  
Security Force  
Headquarters (Wanni)  
on 08 August 2022



**Lieutenant Colonel  
W M D H R K Welikanna  
RWP**  
assumed the duties as  
the Commandant  
Sri Lanka Army Recruit  
Training Centre  
on 18 June 2022



**Major  
W G G S Bandara**  
assumed the duties  
as the Commanding  
Officer,  
10 Gemunu Watch  
on 22 July 2022

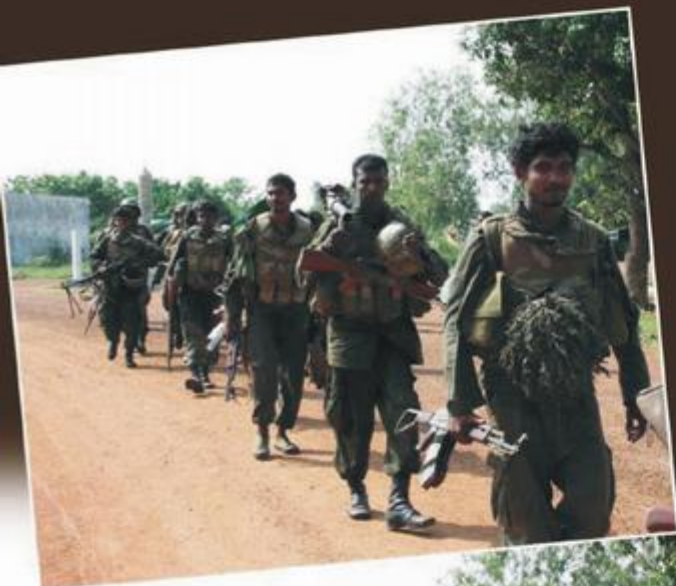


**Major  
J K M R K Ranasingha**  
assumed the duties  
as the Commanding  
Officer,  
9 (V) Corps of Engineer  
Services  
on 24 August 2022



## *The Genuine Pleasure of Tiresome Faces*

The beginning of an operation is always a laborious task. Unexpected situations, the risk and attention are always abided with an operation. However the pleasure that a team gains after successful completion of an operation is priceless. This genuine feeling could only be felt for those who actually engaged in.



## RANAVIRUWA



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## Army Continued its House Construction Project Further for the Deserving Families

Construction of more and more new houses for physically disabled War Heroes, family members of fallen War Heroes, serving Army members and needy families of civilians continues unabated across the country as directed by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

By erecting two more houses in the North-Central province, the welfare project was further expanded with the engineering and technical expertise of Army personnel on 20 August 2022, where the Commander of the Army graced the event as the Chief Guest and warmed the first house for late Private D S Shantha's family at Kanugahawewa, Kebithigollawa.

The house was built with the manpower and technical assistance of troops of Sri Lanka Army through the coordination of Deputy Commandant at Sapugaskanda Defence Services Command and Staff College with the financial generosity of Rs 1.1 million as the cost of the house extended by Mr Ajantha Vass Gunasekara, a well-known philanthropist at Nugegoda.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Mrs Janaki Liyanage President, Army Seva Vanitha Unit graced the event as the Chief Guests. Further, Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni), Brigadier P A M Peris RSP USP PSC Deputy Commandant at Sapugaskanda Defence Services Command and Staff College participated in the house-warming ceremony. The key to the new house was delivered to the beneficiary at the location by the Chief Guests amid religious rites and rituals.

In line with the same event another house erected for a deserving family living in Dematamalgama, Thanthirimale



was also warmed to the beneficiary by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army. This house came into a reality with the technical expertise and manpower of 5 Sri Lanka National Guard under the supervision of Commanding Officer, 5 Sri Lanka National Guard. Mr Ajantha Vass Gunasekara, a well-known philanthropist in Nugegoda also donated Rs 1.1 million for the house. Mrs Janaki Liyanage President, Army Seva Vanitha Unit gifted a pack of essential items for the beneficiaries of the house.



# *The untold memories.....*

*Its only they know what had been hidden besides these roads at then*

*Its only they know the every unit of sand they walked in*

*Its only they know the value of every foot print they left there*

*The roads which were then are not anymore left*

*Some has gained a repair some has almost forgotten*

*The footprints left are gone*

*But the imprint they left in the innocent hearts shall never be forgotten...*



*The heroic memories.....*

