



MARCH 2022 11th Issue

Ranaviruwuwa

*Invoking the
Blessings from the
Sacred Sandahiru
Seya.....*



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

HE the President Made Offerings to Sandahiru Seya



Hours before the placement of 'Atavisi' (28) Buddha statues around the 'Salapatalamaluwa' at 'Sandahiru Seya', His Excellency Gotabaya Rajapaksa the President of the Democratic Socialist Republic of Sri Lanka together with the first lady and Security Chiefs, visited the sacred stupa dedicated to the memory of fallen and handicapped War Heroes and paid his obeisance to the sacred stupa in Anuradhapura on 5 March 2022.



General G D H K Gunaratna (Rtd) WWV RWP RSP ndc psc MPhil Secretary, Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Mrs Sujeewa Nelson the President, Army Seva Vanitha Unit, and Commander of the Air Force participated in the event.

Golden Caskets Deposited at Historic Deegawapiya Maha Seya



The religious ceremony to place the eight golden caskets, containing sacred relics at octagonal corners of the historic Deegawapiya Raja Maha Viharaya in Ampara took place in the presence of prelates and distinguished participants, including General G D H K Gunaratna (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Commander of the Navy, and Commander of the Sri Lanka Air Force on 06 March 2022.

The crest gem of the stupa and the golden caskets that contain the relics, were brought down in a vehicle procession to Deegawapiya Temple to coincide with the 4th Death Anniversary of late Venerable Daranagama Kusaladhamma Nayake Thero, former Incumbent at Sambodhi Viharaya and founder of the 'Bauddaya' TV channel.

The renovation of the Deegawapiya Maha Stupa initiated following the instructions of His Excellency Gotabaya Rajapaksa under the supervision of Secretary, Ministry of Defence and the President, Archaeological Heritage Management Presidential Task Force (PTF) in the East. The guidance for the task was provided by Venerable Maha Sangha.



Atavisi Buddha Statues Placed at Sandahiru Seya



Placement of all sacred 28 peripheral Buddha Statues around the 'Salapathalamaluwa' at the Sandahiru Seya stupa premises took place on 5 March 2022 evening in Anuradhapura amidst religious blessings of Venerable Maha Sanga, during a ceremony held under the patronage of General G D H K Gunaratna (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence.

Mrs Chithrani Gunaratna the President, Ministry of Defence Seva Vanitha Unit, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Mrs Sujewa Nelson the President, Army Seva Vanitha Unit, Commander of the Navy, and Commander of the Air Force participated in the ceremony.

Buddha Statues placed in the Sandahiru Seya Buddha Shrine were unveiled for veneration during the event. The religious ceremony was presided over by Venerable Dr Pallegama Siriniwasa Thero Chief Incumbent of Atamasthana. The event was held with the participation of 300 Buddhist monks, invitees, and devotees.

Annual General Meeting of the Ladies Chapter of the Chamber of Young Lankan Entrepreneurs



The 16th Annual General Meeting of the Ladies Chapter of the Chamber of Young Lankan Entrepreneurs (COYLE), got underway at Hotel Grand Monarch, Thalawathugoda on 5 March 2022 with the attendance of its members and distinguished invitees including General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Mrs Sujeewa Nelson the President, Army Seva Vanitha Unit and well-wishers.

The event was organised by the ladies of COYLE who have been actively involved in the establishment of the mammoth COVID-19 Treatment Centre at Seeduwa with the Army Seva Vanitha Unit recently.

Chief of Defence Staff and Commander of the Army coloured the occasion delivering the keynote address and commended the contribution for social growth and redress of grievances of the underprivileged sections of the society.

Members of COYLE awarded mementoes to Defence Staff and Commander of the Army.



Artificial Limb Fitment Camp Held with the Indo-Lanka Cooperation



Artificial Limb Fitment Camp was staged over 35 days by the Shree Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS), in Jaipur under the sponsorship of Indian High Commission in Sri Lanka for the benefit of handicapped war veterans, policemen and their family members in Ragama Ranaviru Sevana.

The closing ceremony of the appreciative event took place on 7 March 2022 with the participation of General G D H K Gunaratna (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Major General Nandana Senadeera (Rtd) Chairperson of Ranaviru Seva Authority, Mrs Sonia Kottegoda Vice Chairperson

of Ranaviru Seva Authority, Captain Vikas Sood Indian Defence Advisor in Sri Lanka, officials of Indian High Commission team members of BMVSS, Officers of the Tri Forces, Police Officers, war veterans and their family members.

Jaipur-based Shree Bhagwan Mahaveer Viklang Sahayata Samiti (BMVSS) which was founded in 1975 extended their generous sponsorship for the artificial limbs production. The Artificial Limb Fitment Camp was held to coincide with both the 75th Indian Independence Anniversary and the Sri Lanka's 74th Independence Anniversary at the request of the Ranaviru Seva Authority and the Ministry of Defence.

Getting Prepared for National Vesak Festival



Archaeologically-rich Balangoda Kuragala Raja Maha Vihara alias Kuragala Cave monastery is geared to hold this year's National Vesak Festival after the renovation, as a symbol of reconciliation and harmony as per the directions of His Excellency Gotabaya Rajapaksa the President and Honourable Prime Minister who is also the Minister of Buddha Sasana.

General Shavendra Silva WWVRWP RSPVSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army observed the ancient Kuragala Raja Maha Vihara premises with the objective of assessing the progress of the ongoing construction work

to complete the required renovations before the National Vesak Festival.

Chief of Defence Staff and Commander of the Army closely observed the ongoing renovation of the main stupa. Kuragala Caves were used as a Buddhist monastery during the period between the 3rd and the 2nd century BC as per historic chronicles.

Chief of Defence Staff and Commander of the Army also took time off to share a few thoughts with volunteers, engaged in different roles including many children who had arrived on pilgrimage.



Commander of the Army Distributed the School Accessories in Mirisawetiya



General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army and Mrs Sujeewa Nelson, the President Army Seva Vanitha Unit joined a donation of school accessories to needy students in the Anuradhapura district. The charity event was organised by Venerable Eethalawetunuwewe Gnanatilake Thero, Chief Incumbent of Mirisewetiya Temple and Chancellor of the Rajarata University of Sri Lanka.



The EW Information Systems Limited (EWIS) extended the generosity for the donation of those essentials to 1000 most deserving students, selected from remote areas in the Anuradhapura district, at the request of Venerable Eethalawetunuwewe Gnanatilake Thero.

Each student was awarded with relief pack consisted of school equipment. The dry ration packs and gift vouchers were also delivered to selected low-income families.

Mr Sanjeewa Wickramanayake Chairman, EW Information Systems Limited (EWIS), his spouse Mrs Rosane Wijenayake, and staff of EWIS participated in the project.



Honourable Maheepala Herath, Governor of the North Central Province, Honourable Shehan Semasinghe, State Minister of Samurdhi, Household Economy, Micro Finance, Self-Employment and Business Development, officials from the Department of Education, Principals, teachers, and parents of students participated in the charity event.

Army Commander Vested a Newly Constructed Walkway in Matale

The newly erected walkway of "V T Nanayakkara Park" located in Matale town was declared open and vested for the public during a brief ceremony, graced by General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army.

The construction was made by the troops of 17 Corps of Engineer Services (CES) with expertise knowledge and resources at the invitation to the Chief of Defence Staff and Commander of the Army by Urban Development Authority. Accordingly the troops of CES completed the constructions of 865 meter-long walk path inside the V T Nanayakkara Park.

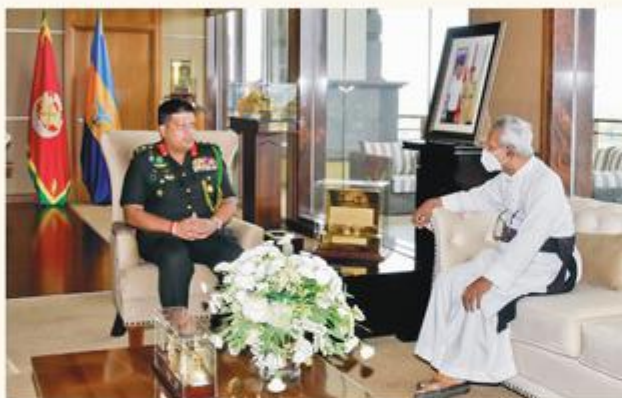
Mr Anura Dissanayake, Secretary to the Prime Minister, Mr Sandanam Prakash, Mayor of Matale Urban Council, Major General Udaya Nanayakkara (Rtd), Chairman of Urban Development Authority and Mr Sirinimal Perera the Secretary to State Ministry of Urban Development, Coast Conservation, Waste Disposal and Community Cleanliness joined the brief ceremony.



The V T Nanayakkara Park, considered as one of the most romantic places in Matale, which is set in a scenic, relaxing location, offers the best opportunities to unwind in the vicinity of nature.

Major General P S K Sanjeewa RWP RSP USP General Officer Commanding 11 Infantry Division, Brigadier T M R B Rathnayake RWP RSP 111 Infantry Brigade and Commanding Officer of 17 Corps of Engineer Services participated in the event.

New Chaplain for Army Christian Fellowship Paid Courtesies to the Commander of the Army



Rev Fr (Dr) Noel Dias Senior Lecturer in Law (Rtd) of the University of Colombo, Lecturer Sri Lanka Law College, Chaplain, Catholic Lawyers' Guild and the newly inducted Chaplain for Army Christian Fellowship paid a courtesy call on General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army on 9 March 2022 at the Army Headquarters, Sri Jayawardenepura.

Chief of Defence Staff and Commander of the Army gratefully acknowledging his new role and entry as Chaplain for Army Christian Fellowship extended his warm greetings and pledged all the support for his spiritual assignments in the organisation.

Team of the Army Gymnasts Awarded in an Impressive Ceremony



The best of the best in the field of Army Gymnastics - 2021 were recognised and awarded by the Chief Guest of the event, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army who is also the Chairman, National Sports Selection Committee (NSSC) on 10 March 2022 at Sugathadasa Indoor Stadium, Colombo during an elaborate and attractive ceremony.

The Inter Regiment Gymnastic Novices/Championship Tournament - 2021 of the Army got underway from 22 to 23 February 2022 with the vibrant gymnastic events of 48 gymnasts, belonging to 8 Regiments in the Army. Braving all odds, gymnasts of the Gajaba Regiment (GR) secured the Championship in the Novices Category while gymnasts of the Sri Lanka Engineers (SLE) secured the Championship in the tournament.

Major General H L V M Liyanage RWP RSP ndu Chief of Staff and Brigadier S P G Gamage RWP RSP USP the Chairman Army Gymnastic Committee, Senior Officers and a gathering of gymnastic fans presented at the ceremony.



Alternative Bridge for Matara Pigeon Island



Technically and professionally qualified troops of Sri Lanka Army put up an alternative temporary bridge in less than a week, after the abrupt collapse of the existed bridge between mainland and 'Uposithagaraya' and temple premises of the Shymopali Maha Vihara Vanshika Sri Rohana Chapter of the Maha Sangha Sabha in Pigeon Island, Matara, and vested to the members of the Venerable Maha Sangha and the public during a brief ceremony, held on 12 March 2022.

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army who promptly responded the timely requirement was invited to declare open the new bridge as the Chief Guest by Venerable Omare Kassapa Anu Nayake Thero of Shymopali Maha Vihara Vanshika Sri Rohana Chapter of the Maha Sangha Sabha.

Subsequently, the Chief Guest presented the formal letter of completion of the project to the Venerable Omare Kassapa Nayake Thero Anu Nayake, as a formality. In return, the Anu Nayake Thero acknowledging the short but successful completion of the bridge in an impressive manner within five days, awarded a symbolic parchment that contains a complimentary chronicle to the Chief Guest.

Troops of 12 Corps of Sri Lanka Engineers with expertise of the 14 Chemical Biological Radiology and Nuclear Response Regiment (CBRNR) of the Sri Lanka Engineers, 16 Workshop of Engineers, 4 (V) Sri Lanka Corps of Engineers, 12 (V) Field Engineers, 613 Infantry Brigade and 3 (V) Gemunu Watch actively contributed to this timely required construction. The immediate construction took place on the Presidential directive to the Chief of Defence Staff and Commander of the Army.



Commander Joined the Bangladesh National Day Celebrations

The 51st Anniversary of National Day of Bangladesh was grandly held on 26 March 2022 at Hotel Galle Face with the gathering of diplomats and defence advisers of Sri Lanka-based embassies. General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army also graced the occasion with his valuable participation amidst his tight schedules at the invitation of the High Commissioner of Bangladesh.

The armed forces of Bangladesh, as one of the most co-operative regional security wings, have extended their best co-operation to their counterparts in Sri Lanka in the past few years in terms of joint-military exercises, exchange programmes, allocation of training modules in National Defence College, leadership programmes, Counter Insurgency Jungle Warfare (CIJW) programmes, weapon training, parachute courses, Advanced Physical Training (APT) and other related degrees for Army, Navy and Air Force personnel, showing their true spirits of camaraderie and mutuality.

This memorable Anniversary further cemented prevailing bonds of goodwill between Sri Lanka and Bangladesh.



The Government's National Home Gardening Drive - 2022



The Sri Lanka Army joined the "National Home Gardening Drive - 2022" which was implemented under the theme, "Let Us Start from Our Home Garden" by Ministry of Lands, planting about 500 vegetable saplings around the walkway premises, adjacent to the Defence Headquarters Complex on 29 March 2022.

General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Commander of the Army and Head of the Green Agriculture Operation Centre as the Chief Guest, together with a gathering of Officers and Other Ranks, planted 500 saplings of eggplants, okra, chilies, tomatoes and wild eggplants (Thibbatu), and contributed to the national drive, "Haritha Deyak" (Green Nation) which advocates cultivation of vegetable crops in public or private lands less than 20 perches island wide. This event was organised by the Sri Lanka Army Directorate of Agriculture and Livestock (DAL) under the supervision of Brigadier A A Rajapaksha RSP Director, Directorate of Agriculture and Livestock.

In line with the same event, Chief of Defence Staff and Commander of the Army participated

in the main ceremony of the green project at Kahathuduwa, Homagama. Around the same time, 331 Divisional Secretariats across the country joined the programme by distributing vegetable saplings among civilians, resident in land plots of 20 perches or less.

In addition, Army troops at Karadeniya, Niraviya, Adiyapuliyakulam, Mahawa, Manik Farm, Killinochchi, Vellankulam, Akkarayakulam, Kankasanthurai, Mullaitivu and Panagoda simultaneously joined the national project by planting vegetable saplings around the same time in their respective farmlands.

Major General H L V M Liyanage RWP RSP ndu Chief of Staff, Major General S U M N Manage WWV RWP RSP psc Director General General Staff, Major General D M K D B Pussella RWP RSP Adjutant General, Major General W B S M Abeysekara RSP USP Director General Financial Management Branch, Major General R A D P Ranawaka RWP RSP USP ndc Quarter Master General, Senior Officers and Other Ranks participated in the event.

The Book "Sri Lanka: Paradise Lost; Paradise Regained" by Lord Naseby, Released



The Rt Hon the Lord Michael Naseby, PC the British Conservative Party politician, who is also the Joint Chair of the All Party Group on Sri Lanka released his newest book, "Sri Lanka: Paradise Lost; Paradise Regained" on 29 March 2022 at Bandaranayake Memorial International Conference Hall (BMICH) in the presence of a distinguished gathering of invitees including Prof G L Peiris, Minister of Foreign Affairs, General G D H K Gunaratna (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary, Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, diplomats, scholars, patriots, and invitees.

The event witnessed the 333-page book of 19 chapters along with 54 pages of appendices of letters and memoirs written by himself to different political hierarchy in Britain in defence of Sri Lanka's firm stance against the Liberation Tigers of Tamil Eelam's (LTTE) brutality and genocide allegations.

Lord Naseby began his career in the British Parliament in 1974. He was the Deputy Speaker from 1992 until 1997 when he became a member of the House of Lords. In all his chapters, Lord Naseby had attempted to alleviate myths and refute charges levelled against the political and public administration and the Sri Lanka Armed Forces.

Chief of Staff Took a Look at Construction Work at New Army Hospital in Pallekele

Major General H L V M Liyanage RWP RSP ndu Chief of Staff inspected the progress of the new Army Hospital under construction in Pallekele, adjacent to the 11 Infantry Division Headquarters on 03 March 2022.

A discussion was held at the hospital auditorium with Officer Commanding, 172 Corps of Engineer Services (CES) squadron who overlooking the hospital construction, during the visit.

Major General P S K Sanjeewa RWP RSP USP General Officer Commanding, 11 Infantry Division welcomed the visiting Chief of Staff to the location and accompanied him to show around including new wards, the Dental Section, Intensive Care Unit (ICU), Emergency Treatment Unit (ETU), Surgery Room, Cook House and administration office.



Director, Corps of Engineer Services (CES), Master General Ordnance, Director General Army Health Services, Director Sports, Director Ordnance Services, and Staff Officers of the 11 Infantry Division presented at the occasion.

Chief of Staff Conducted an Admin Inspection at CR Regimental Centre



Major General H L V M Liyanage RWP RSP ndu Chief of Staff conducted the routine administrative inspection of the Commando Regiment (CR) at the Commando Regimental Centre in Ganemulla on 25 March 2022.

Paying his earnest attention to the administration affairs of the Units of the Commando Regiment (CR), he reviewed the administrative shortcomings, lapses and pending issues as well as the matters related to the Commando Regimental Centre.



Respective Directors and Staff Officers of different Directorates and Branches tabled their observations and laid down procedures, related for resolution of such issues. Brigadier V M N Hettiarachchi RWP RSP Commander, Commando Brigade along with all the Commanding Officers, School Commandants and all staff officers of the Commando Regimental Centre took part in the administrative inspection discussions.

Educating on the Proper Use of the Public Property



Major General H L V M Liyanage RWP RSP ndu Chief of Staff conducted an awareness programme to prevent the improper use of the modern public equipment and properties available at the Sri Lanka Army Headquarters on 28 January 2022. Sri Lanka Army Headquarters is consisted of modern technological equipment to provide the effective and efficient service for the users. The programme was included with the instructions to prevent the malfunctions of the valuable properties. Major General P J P Gamage RWP RSP ndc the Director of Quarter Master General Branch, Brigadier P Wimalasiri RWP RSP Director of Directorate of Management and Maintenance, Senior Officers and Other Ranks participated in the brief event.

Army Women Soldiers Joined International Women's Day Celebration, Organised by ASVU



A special "International Women's Day" project, themed 'Senehase Kedella' organised by the Sri Lanka Army in association with the Army Seva Vanitha Unit (ASVU) was held at the Army Cantonment indoor stadium, Panagoda on 08 March 2022.

General Shavendra Silva WWVRWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army graced the commemorative event as the Chief Guest at the invitation of Mrs Sujeewa Nelson the President, Army Seva Vanitha Unit. The programme was coloured by 'TV Derana' presenting a thematic musical flavour to motivate the gathering, highlighting the pride of feminism and their importance to society.

Six-woman soldiers and the spouse of a deceased Sri Lanka Corps of Military Police soldier awarded financial grants for medical, housing and other requirements of the value of Rs 1.2 million marking the climax of the event. A gathering of about 350

Lady Officers and woman Other Ranks joined the occasion and enjoyed the aesthetic flavour of the whole programme, musically interpreted by the reputed lyricist and musician, Mr Dammika Bandara.

Around the same time, the Sri Lanka Army General Service Corps Seva Vanitha Branch gifted a stock of essentials of the value of Rs 0.7 million to the Pallekele Army Hospital considering the requirements of indoor patients. Mrs Eranga Hewawasam the Chairperson, Sri Lanka Army General Service Corps Seva Vanitha Branch symbolically handed over the stock of essentials to the President, Army Seva Vanitha Unit on behalf of its members.

Senior Officers, including Major General K Liyanage RWP RSP ndu the Commander Security Forces (West), the Chairpersons and Senior members of the Army Seva Vanitha Unit and Branches joined the programme.



Now Army Hands are Around the Country with New National Responsibility to Reduce the Polluted Water Percentage with FTW Technology

"The Earth does not belong to us: we belong to the Earth". Chief Seattle

With the above quote, everything will relate with the nature. We think that a piece of land we buy after 10 -15 years of hard savings of money does belong to us. But it is NOT! The actual fact is the Earth does not really belong to us, but we belong to it.

The beauty of nature remains with the behaviour of its consumers. As human beings with technology, we live day-to-day life with different styles. But knowingly or unknowingly, something is happening every day that directly affects our lives. That is the pollution of the environment.

Environment pollution can define as "the contamination of the physical and biological components of the earth/atmosphere system to such an extent that normal environmental processes are adversely affected".

In this environmental factor, water (H_2O) plays a vital role in human life as one of the essential biological needs. The water in the Earth to break



the numbers down; 96.5% of all the Earth's water is contained within the oceans as salt water, while the remaining 3.5% is freshwater lakes and frozen water locked up in glaciers and the polar ice burgs.

As human beings, we all know now how these freshwaters are vital to us in our day-to-day lives and the meantime for agriculture purposes. But most of the inland water resources are now facing the danger of higher pollution levels due to urbanisation, poor methods of waste management, influences of landscape changes, some unusual agriculture practices, and different regular means of mining that causes runoff of nutrients, pollutants, various petroleum productions, and organic ingredients to water resources.

This scientific world has introduced different methodologies to reduce these contaminated ingredients from these water resources. Biological management is a potential that supports to connect the natural capability of plants and microbes to absorb nutrients (example absorbing the contained phosphorus and nitrogen from the water) and interrupt the pollutants through biological practices exist as bioremediation.

Like all over the world, Sri Lanka also faced the same problem in increasing polluted water resources. By understanding this scientific basis to include the Sri Lankan soil to protect the water resources, HE the President Gotabaya Rajapaksa, together with Central Environment Authority conducted a



bioremediation process in Beira Lake recently by introducing Floating Treatment Wetlands (FTW).

Sri Lanka Army, as the "Protectors of the Nation", and as the most extensive disciplined human resource of Sri Lanka, has started their responsibility to protect the water resources from pollutant contents. For this national responsibility, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army has introduced Floating Treatment Wetlands (FTW) which was held recently at the water resources closer proximity of the Army Headquarters, Sri Jayawardenapura under his concept of the "Thuru Mithuru Nawaratak".

These FTWs can be seen as islands or small-scale mock platforms, which permit these aquatic growing plants to grow in water naturally by going deep into the water. The roots of the plants will extend via the mean (floating artificial island or object) into the water, making solid pillars of sources.

Same time, the plants grab up nutrients and contaminants independently. Those plant roots and the artificial surface of the plants offer widespread superficial areas for microbes to grow forming a slimy layer of biofilm where the nutrient dividing

cleaning process happens in an FTW system. These new systemic ways are widely spreading around the world now.

Island-wide Security Forces of the Sri Lanka Army is now accelerating this process to enhance the freshwater level in the mother Lanka.

Simultaneously, the Sri Lanka Army's "Thuru Mithuru Nawaratak" concept and the "Green Agriculture" concept are also accelerated under the guidance of General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army who is also the Head of the Green Agriculture Operation Centre.

As humans, we must understand this reality said by Chief Seattle "Humankind has not woven the web of life. We are but one thread within it. Whatever we do to the web, we do to ourselves. All things are bound together. All things connect."



By Captain Nisal Rukshan SLSR
Directorate of Media
Army Headquarters

Method of Instructions Course Concluded at Combat Training School



Method of Instructions Course No. 55 which is organised to improve the instructing skills of Corporals, Lance Corporals and Privates to uplift the military career was successfully concluded on 2 March 2022 at Combat Training School, Ampara. 244 Other Ranks from Regular and Volunteer Forces participated in the course. Colonel A K C S De Silva RSP Commandant, Combat Training School, Ampara addressed the troops.



COMMANDOS

The Symbol of Heroism

The graduation ceremony of the Commando course No 48 D and E 2022 took place on 19 February 2022 at the Commando Regiment Training School (CRTS) – Uva Kuda Oya. A total of 13 Officers and 144 Other Ranks received the prestigious insignias after 18 months of long sweat and toil, by the Chief of Defence Staff and Commander of the Army who graced the occasion as the Chief Guest at the CRTS- Kuda Oya. This article tells you who they really are.

The need for a special Army unit to combat terrorism was first felt in 1977. The Army was assigned the responsibility of setting up a special unit to face these increasing threats. The remedy that was offered was to raise a group of Commandos, trained and equipped to meet this contingency, which subsequently paved the way for the raising of the Commando Regiment in the Sri Lanka Army. Subsequently, the Commando Regiment Training School was established on 15 March 1988 at the premises of the Commando nest, Ganemulla while the training school was shifted on 11 May 1993 to its present location at Uva Kuda Oya where naturally rough terrain for Commando training was accessible.

To become a proud maroon beret holder, it demands the sheer commitment, dedication, and willpower to withstand the rigorous training, comprehensive studies and discipline excelled over 18 months. They need to be mentally fit, physically strong, and morally straight to shoulder more than their responsibility, not only by accepting the hazards of this envious profession but also by acknowledging the fact that they are elite soldiers. Commando Regiment Training School has equipped every soldier with the knowledge, skills, physical and mental stamina that is necessary for them to perform any task assigned beyond expectation.

Therefore, this training would set the platform of their career progression in the Commando Regiment as no paradox has ever been able to challenge the norm 'Training is the best welfare'. Throughout this hard and challenging period of 18 months of training, Commandos master and widen their professional horizons on advanced commando tactics, unconventional warfare, combat marksmanship, explosives and weapon handling, tactical combat casualty care, and indigenous skills of the Commandos such as



hostage rescue and counter-terrorism, VVIP protection, and war dog handling. This prestigious regiment owns five great heroes who were awarded the highest decoration of supreme heroism 'Parama Weera Vibhushanaya' and other gallantry awards.

With the inception of the Commandos in the late 70s' as a squadron, it has now grown to a Brigade and proven as the best elite outfit in the Sri Lanka Army. The professionalism, skills, high standard of training, aggressive action, mental and physical robustness of all the Commandos have paved the way to achieve those successes. Commando Regiment has proved its operational capacity during the 30-year prolonged conflict in Sri Lanka. The roles played by the Commandos in all levels of operations were instrumental for the victory including the final phase of the Humanitarian Operation. Total 732 Commandos made supreme sacrifice in the name of the motherland while many were injured and became permanently disabled due to injuries.

Further, the operational capacity of the Commando Regiment has taken into an elevated level to enhance the combat effectiveness of the Commando Regiment with the direct guidance and supervision of General Shavendra Silva

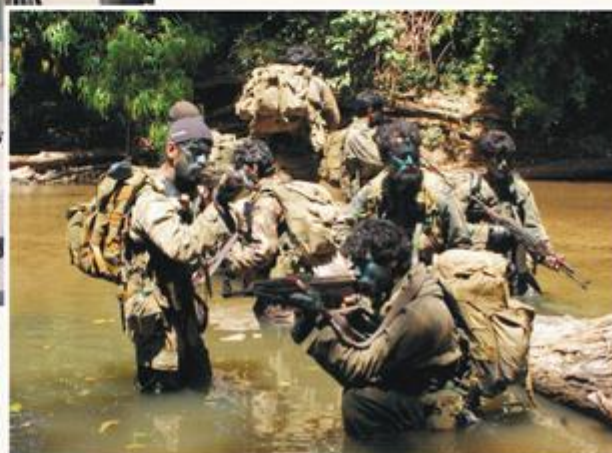


WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army, Major General A K G K U Gnanaratne ndc psc the senior-most parachutists serving at the moment in Sri Lanka who is also Colonel of the Regiment Commando Regiment and Brigadier V M N Hettiarchchi RWP RSP Commander, Commando Brigade.

One of the prestigious Regiments of the Sri Lanka Army; the Commando Regiment presently comprised of 4 Regiments with the motto carrying 'Nothing Impossible'. Presently the Commando Regiment Training School conducts the following courses; Commando Selection Course, Commando Advanced Course, Basic Parachute Course,

Rigger Course, Skydiving Course, HR and CT Induction Course, VIP Protection Induction Course, Airborne Operations, and Jumpmaster Course, Combat Airborne and Pathfinder Course, Potential Group Commanders Course, Young Officers Course (Endurance), Combat Tracker Course, 8 Man Commander Course, Team Sergeants Course, Instructor Training Course, Jungle Warfare Course, War Dog Obedient Course, War Dog Explosive Course, War Dog Tracker Course and Guard Dog Tracker Course.

This prestigious and exceptional Infantry Regiment silently but majestically marches forward into the future to discharge the duties and responsibilities to the nation and the Army selflessly and in a disciplined manner before they reach the destination of this tedious route.



By
Lieutenant M Katugampola SLAGSC
Directorate of Media
Army Headquarters

Security Forces (Mullaitivu) Gifted Shoes for Deserving Students



A programme to distribute shoes among 604 deserving students in Kilinochchi District got underway at Wishwamadu Maha Vidyalaya on 11 January 2022 under the supervision of Brigadier M P N A Mutumala USP psc Commander 572 Infantry Brigade. The charity event was held under the guidance of Major General W A S S Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu).



Incredible Warriorship Shined at Mankulam Battle



**S/467722 Cpl Chandana K PWV
Special Forces Regiment**

K Podineris and W Dingihami were traditional descendants of the Wekandawala village bordered to Morayaya in Hambantota district. The small family was blessed with 8 children at the time when they heard the good news of a new child. Children were never a burden to the courageous farmer K Podineris and his dutiful wife W Dingihami.

Flowering the good hopes of the young parents, a baby boy was born on 22 February 1980 few hours before the midnight lighting shines upon the faces of the crowd. The newly born baby boy was named as "Chandana" which means the person who eliminated the darkness of the hour. None of the crowd ever thought that this baby boy has the capability to imprint his good name in golden letters under the list of warriors who saved Mother Lanka.

As the days went by, the young lad approached the age of schooling. His parents selected Gonadeniya Maha Vidyalaya in Hambantota. K Podineris took the young child and registered

in school registry before head master of the school, marking the formal admission of his child to the school. Young Chandana started his primary education at Gonadeniya Maha Vidyalaya happily.

Unlike the other students, Chandana's interest to study gradually turned towards the extracurricular activities of the school. School stage and playground were ideal places

where Chandana had selected to exhibit his enormous talents within. He took the lead in debates, singing, speech, drama and art competitions held in the school defeating the other candidates. Playing a role of a warrior was one of his favourites among the dramas where he acted. He was also an initial member of the village volleyball team. His school often marked the victory with young Chandana. Apart from them, he



With little friends

developed his marshal art skills earning the black belt before he appears for the GCE (O/L). He bade farewell to his alma mater soon after he sat for the GCE (O/L).

Before the GCE (O/L) results were released, Chandana joined Sri Lanka Army in the year 2002 following his long-term dream. He was recruited to the Basic Refresher Course No. 43 soon after the admission. Having fulfilled all the requirements of the Basic Refresher Course No. 43, he successfully completed the initial military training with no hesitation. The instructors of the Basic Refresher Course No. 43 identified that Chandana has enough potentials to be a member of Special Forces (SF). Soon after Chandana concluded the recruit training, the instructors entered him to Special Forces Refresher Course No 31.

Chandana was among the few fast learners of Special Forces Refresher Course No. 31, affirming the selection of his instructors for him was right. At the meantime, he received the bad news of his beloved mother's funeral. The unexpected loss of his guiding star hit young Chandana emotionally breaking his heart into tears. Amid the tears falling, he affirmed himself to fulfill the training successfully as a respect to his mother.

15 Officers and 738 Other

Ranks joined the Special Forces Refresher Course No. 31 initially, but 5 Officers and 500 Other Ranks gave up the course due to the enormous difficulties proving that only the genuine genius could excel the course. Chandana was among one of them. Few days before the passing out parade, a message of his beloved father's funeral reached him. However, the news was not able to shake the strong-willed Chandana's soul as last time as he had successfully completed the Special Forces Refresher Course No. 31 at the time. He bade farewell to the Father's coffin amidst the moans of his siblings.

Long range patrols and the attacks were launched by the Special Forces members against the Liberation Tigers of Tamil Eelam (LTTE) at the time as a method of control for the rising enemy. The military operations conducted targeting the leadership of the LTTE shattered the soul of their leadership like no other. 3 Officers and 110 Other Ranks were sent for the Long Range Patrols Course No. 11. The 3 Special Forces Regiment was formed by 3 Officers and 34 Other Ranks selected from the candidates who successfully completed the Long Range Patrols Course No. 11. Chandana was also included in the spirit of the group that vowed to be Determined, Dared and Done. Also, he was a member of its "M" Squadron with the

enormous proud and skills. At this time, Lance Corporal Chandana was rendering immense assistance for the Humanitarian Operation. The deadliest terrorists began to run away leaving their belongings at the battlefield before the well-articulated attacks of the government security forces.

During the Northern Humanitarian Operation, higher headquarters entrusted the duty of discouraging the enemy through strategic attacks of 3 Special Forces Regiment. The Platoon under the leadership of Sergeant Jayakodi was selected to attack Thunukkai- a deadly spot of the operation and home of regional LTTE leadership. Brave Lance Corporal Chandana was also an active member of this Platoon. He had gained number of experiences during his short tenure by participating in such operations.

It was July 2008 where the Government Forces had reached to a decisive spot of their operation of Liberating the Wanni from LTTE captivity. LTTE members were attacking the government military forces with their fullest capacity to secure their territory with the intention to withhold the forward march of the government forces towards Thunukkai. The village, Thunukkai was a strategical spot for both government forces and LTTE. Therefore, LTTE had attempted prevent falling Thunukkai into the hands of Government Forces. Under the circumstances, the heads of the Government Forces realised that it is hard to capture the territory without reducing the manpower of the rivals. The military leaders decided to cater the LTTE intention to another territory away from Thunukkai. The additional troops were deployed to achieve the expected outcome. The laborious task was undertaken by the Platoon under the leadership of Sergeant Jayakodi.

"We are having a great responsibility. We must penetrate about 35Km deep into the terrorists' territory.

Nobody of our team shall be detective for the terrorists' eye. Also, our artilleries are sending fire support to us in attacking the identified LTTE spots. We are members of Special Forces. There is no turning back without achieving what we are entrusted. We have the capacity to win any challenge". The Platoon Sergeant advised his fellow team members before the deadly journey. The operation initiated with the spirits of enormous courage.

Sergeant Jayakodi's Platoon reached the enemy ground on 17 July 2008. Although it was too tough to cross the enemy forward defence line the Platoon members decided to move on. But the hectic journey amidst dead traps, land mines, enemy spy services through the thick woods, and villages was not an easy task for the members. The hour at the danger was escalated with the artillery fire support and scattered Platoon members. The Platoon members planned an ambush at the northern Mankulam after penetrated 35Km deep into the wood.

The operation was limited to 15 days. The essentials required for the operation weighted more than 50 Kgs. The stock was included with equipment, food and beverages that were required at the emergency. Moving in the enemy ground amid the artillery fire was never an easy task.

Special Forces members were active as leopards at the night. Two members of the Platoon checked the pathways before the morning rays reach the ground. But it was a fruitless effort. The Platoon leader Sergeant Jayakodi decided to observe the road during daytime. As usual the deadliest task was undertaken by Lance Corporal Chandana and his comrade. Before the sun rays touch the ground, Corporal Chandana hid at the chosen spot for the observation. Smile triggered his face when sees the terrorists' activities gradually escalating in the ground where he was observing. "Buddy this time our target is sure". He whispered

to his comrade in a low voice. The ambush was planned after gathering the information of two days. There was no room for single error at such hour of expectation. The Platoon placed getting ready to hunt the terrorist down. This time there was no prior notices conveyed before the attack. No reserves to attack the fleeing enemy. For everything there was only these 6 members of the same Platoon ready. Therefore, accurate deployment was mandatory. Everything happened as they planned. The owl light reached marking the end of the hectic day. Days were passed by. But still the Platoon made no change in their positions. Having tired of the observation, one of the members of the team asked the Hero, "Lance Corporal why are we wasting our time like this. See there are number of terrorist vehicles moving here and there. Shall we fire at one?". Lance Corporal Chandana signaled his comrade not to make any noise keeping his second finger on his brown lips. The team realised the depth of the hour.

The eighth day slowly reached like the other days. Lance Corporal Chandana's eye caught unusual terrorist vehicle moving slowly with loaded two motorcycles. When signaling the message to Sergeant Jayakodi, the remote control was automatically switched on. The Special Forces members had a vision to identify when and where the

enemy targets to attack. The enemy vehicle blasted scattering the pieces everywhere unexpectedly. This unexpected incident surprised the LTTE members. The enemy underestimated the government forces thinking that they would never penetrate and attack into their territory. The LTTE suddenly began to search the roots of the attack in the gleaming rage as a pack of hungry wolves. Meantime inside the terrorist camps, the Platoon heard that the LTTE leadership was accused of the failure. The next target of the Platoon was to hide in a safe place where enemies cannot reach. So, the platoon decided to withdraw to the southern side strategically. But the raged LTTE had not gave up the search of the masterminds of the ambush. Therefore, all decided to withdraw to cross the Thunukkai- Mankulam Road at the dark hour before it gets too late.

Lance Corporal Chandana was the first to start the journey of withdrawal escaping from the terrorist traps. He walked ahead Lance Corporal Pushpakumara carefully observing the surroundings. Suddenly Lance Corporal Chandana signaled his Platoon to be withheld as he felt that his team was detected by the enemy. However, at the evening the Platoon was able to reach Thunukkai- Mankulam Road. Lance Corporal Chandana realised that crossing the road was a risky task under the terrorist observation. But no alternative left for the members. However, the Platoon must reach Palmadu by tomorrow. Unless the team would easily catch in red handed. Lance Corporal Chandana told his team to cross the road at night and he first crossed the road to assure whether the LTTE was following him.

The team started their journey with the night fall. As soon as they reached the exit point, the Platoon



saw crowd of LTTE terrorists observing the road. Suddenly LTTE members jumped into the 50 meter deep bunker nearby and to cover up from the artillery fire of the government forces. Sergeant Jayakodi and Lance Corporal Chandana who did not know what had happened also fell into the bunker where the enemies were hiding unknowingly. The terrorists attacked their enemies who fell into the bunker, taking no time to think creating a deadly battle inside the bunker. The brave warrior Lance Corporal Chandana raised his voice and said Sergeant Jayakodi to jump off amid his covering fire. Amidst the fire between both parties, a bullet wounded the thigh of Lance Corporal Chandana, having wounded the brave warrior who had no intention to give up the fight. Meanwhile the terrorists attempted to capture Sergeant Jayakodi who was at the time managed to come out from the bunker. Unfortunately, after a while, an enemy bullet hit his thigh before he takes his left leg up. Lance Corporal Chandana saw the earnest attempt of the terrorists to hunt his leadership and he immediately realised the upcoming threat in case such incident took place. He forgets the pain of his wound for a while and tried to reach Sergeant Jayakodi as he understood that the fire power of his leader has no meaning.

When the terrorist understood that Lance Corporal Chandana was attempting to reach Sergeant Jayakodi, the LTTE carders who were attacking the Sergeant Jayakodi changed their fire direction and began to fire at Lance Corporal Chandana. Turning the situation into advantage, Lance Corporal Chandana told Sergeant Jayakodi to get out from the bunker. Covering his leaders body assuring his flee, the brave Hero countered the LTTE bullets reaching towards him. Although Sergeant Jayakodi managed to come out from the bunker, terrorists had not stopped firing at him. Taking the immediate action to protect the leadership,

Lance Corporal Chandana again let them to fire at him with the intention to protect the privacy of the long-range patrol they conducted as he knew that if Sergeant Jayakodi was captured things go wrong. Lance Corporal Chandana sacrificed his life in the lonely battle to save the life of his leader listing his name in the chronicles of the War Heroes who sacrificed their valuable life to save the Mother Lanka from the terrorism.

In memory of his supreme heroism – the Parama Veera Wibhushanaya, Sri Lanka's highest military decoration was awarded to Lance Corporal Chandana for his individual act of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy performed voluntarily whilst on active service with no regard to the risk of his own life and security with the objective to safeguarding thereby the lives of his comrades facilitating the operational aim of his force following the footsteps of the ancient warriors.

The Parama Weera Vibhushanaya, (PWV) was posthumously awarded to him at the Temple Trees by then the President, His Excellency Mahinda Rajapaksa on 15 July 2013 at the 64th National Independence Day.

Presently the widowed heroic wife is a resident at Demodara, Beddewela and living with her parents with the memories of her late husband.

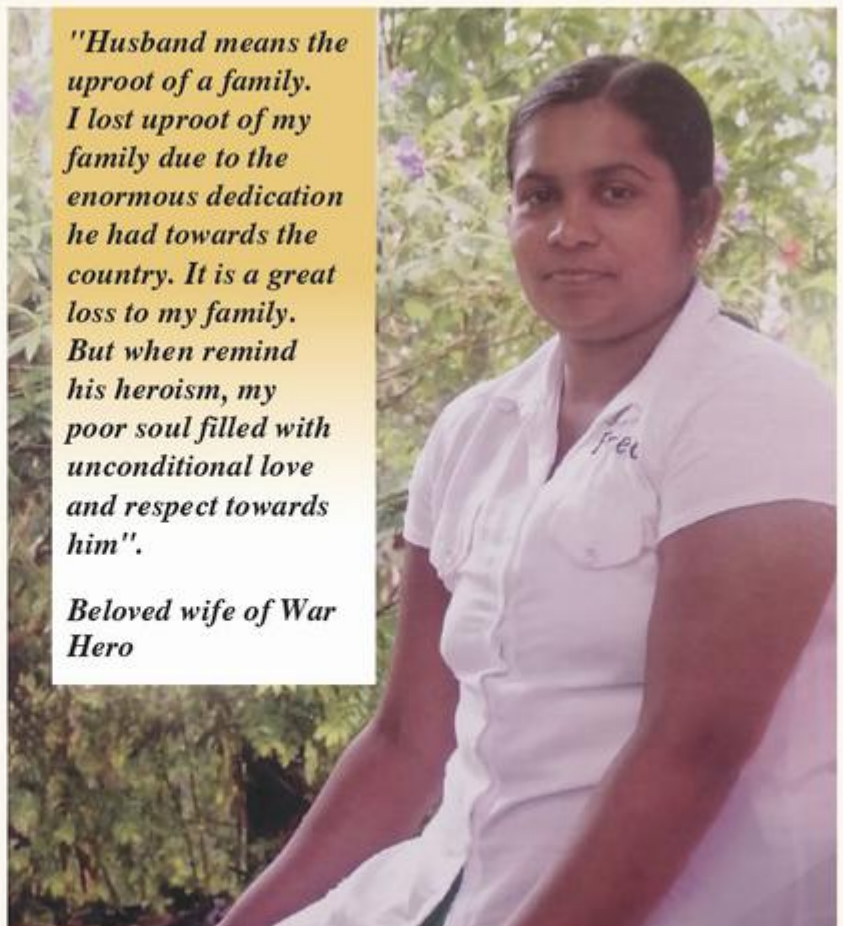
"Husband means the uproot of a family. I lost uproot of my family due to the enormous dedication he had towards the country. It is a great loss to my family. But when remind his heroism, my poor soul filled with unconditional love and respect towards him". Beloved wife of War Hero finally raised her voice having no regrets before few hours of our depart.



Extracted from
"Uththamachara" Published by
Army Headquarters

"Husband means the uproot of a family. I lost uproot of my family due to the enormous dedication he had towards the country. It is a great loss to my family. But when remind his heroism, my poor soul filled with unconditional love and respect towards him".

Beloved wife of War Hero



Final Respect Paid for Demised Soldier



S/M101392 Craftsman Vivek N, a technician of 2 Battalion of Sri Lanka Electrical and Mechanical Engineers demised on 03 March 2022 due to the cardiac arrest. His final rituals were taken place on 04 March 2022 at Achchuweli Cemetery following the military formalities.

Vivek N who resided at Muthumari Amman Kovilladi, Achchuweli joined 2 Battalion of Sri Lanka Electrical and Mechanical Engineers (SLEME) after the completion of the preliminary training. He has served more than 08 years in the Sri Lanka Army winning the trust of all Officers and Other Ranks. During his tenure, he had shown his patriotism to the motherland and won the hearts and minds of all.

Military funeral was organised under the guidance of Major General S D G S Senarathya RWP RSP ndu



Commander Security Forces (Jaffna) with the close supervision of Sri Lanka Electrical and Mechanical Engineers. Commander Security Forces (Jaffna) participated in the funeral ceremony together with Senior Officers and Other Ranks.

Basic English Language Course Successfully Concluded in Jaffna



Following the concept of Major General S D G S Senarathya RWP RSP ndu Commander Security Forces (Jaffna), 2nd Basic English Language Course for troops in Jaffna was conducted from 18 January to 08 March 2022 with the intention to improve the English Language skills of soldiers serving in Jaffna Peninsula.

Certificates for the candidates who successfully completed the Basic English Language Course were awarded by Commander Security Forces (Jaffna) and the candidates had staged their skills during a brief concert organised at the premises. Brigadier General Staff, Brigadier (Admin/Quartermaster), Commanding Officers of the units deployed in Jaffna, Officers and Other Ranks participated in the event.

Educative Programme on Welfare Benefits at the Security Forces (Wanni)



A valuable awareness lecture was arranged under the guidance of Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni) on 08 March 2022 in Conference Hall at Security Force Headquarters (Wanni). Brigadier A M K G P S K Abeysinghe Director of the Army Benevolent Fund delivered lectures on Welfare Facilities and Services provided by the Directorate of Army Benevolent Fund.

The lectures explained the welfare facilities available for Army personnel including the other benefits that could be obtainable from the Army Benevolent Fund. 67 Officers and 97 Other Ranks attended the lecture.



Commander, Security Forces (Wanni) Engaged in a Camp Visit

Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni) engaged in a visit to 543 Infantry Brigade under command to 54 Infantry Division on 17 February 2022. During the visit he addressed the troops gathered at the event. Officers and Other Ranks participated in the event.

Battalion Training Course in Katukeliyawa



The Battalion Training Course was initiated at the Battalion Training School in Katukeliyawa with the participation of 8 Officers and 374 Other Ranks of 3 (V) Gemunu Watch on 13 December 2021. The closing address of the course which conducted over 40 days was delivered by Major General D B S N Bothota RWP RSP USP psc General Officer Commanding, 61 Infantry Division. The event was held under the patronage of Brigadier K A U Kodithuwakku RSP USP psc IG Commander, 613 Infantry Brigade. Officers and Other Ranks participated in the event.

Sri Lankan Army Delegation Visited the College of Military Engineering - Pune, India



Major General H P Ranasinghe RWP RSP ndc Commander, 1 Corps and officials of the Sri Lanka Army attended the 9th Staff Talk held at College of Military Engineering (CME) Pune, India from 10 to 12 February 2022. The delegation discussed on imparting training courses on sport and culture.

The first edition of the discussion was held during 2011 and then onwards the discussion was held either location selected by both countries. Major General D G S Senarathya RWP RSP ndu Commander, Security Forces (Jaffna), Major General K T A G S Kolambathanthri RWP RSP USP psc IG, Military Secretary, Brigadier D K S K Dolage USP psc Director, Directorate of Training, Brigadier G L S W Liyanage USP psc Colonel Commandant, Sri Lanka Signal Corps participated in the discussion. The Sri Lankan delegation also visited College of Military Engineering, Military Technological Institute and National Defence College in India.

New Three Storeyed Building for Abhayapura Maha Vidyalaya

The new three-storeyed school building erected at Abhayapura Maha Vidyalaya premises was declared open by Major General P M L Chandrasiri WWV RWP RSP Commander, Security Forces (East) on 20 January 2022.

The constructions were successfully concluded with the sponsorship of Venerable Pannila Sri Ananda Nayake Thero Chief Incumbent, Ancient Aththanagalla Sri Arahaththa Rajamaha Viharaya and coordination of Venerable Pahamune Sri Sumangala Nayaka Thero, Chief Incumbent of Somawathiya Rajamaha Viharaya.

Venerable Pannila Sri Ananda Nayake Thero, the Chief Incumbent of Ancient Aththanagalla Sri Arahaththa Rajamaha Viharaya and the Commander Security Forces (East), together with several other dignitaries opened the new three-storeyed building after unveiling of a plaque and ribbon cutting.

General Officer Commanding, 23 Infantry Division, Commander, 233 Infantry Brigade, Civil Coordinating Officers of the Security Forces (East), Senior Officers, Officers, Principals, teachers, students and a large gathering of civilians attended the ceremony.



Commander Security Forces (East) Visited the Nelugala Prehistoric Sacred Premises



With the intention to protect and preserve the archeological and historic sites from vandalism and illegal encroachments by individuals and organised groups, Major General P M L Chandrasiri WWV RWP RSP Commander, Security Forces (East) together with the gracious presence of the Governor of the Eastern Province inspected the sacred Nelugala prehistoric site on 22 February 2022.

The archaeologically unique Nelugala prehistoric sacred premise spreads over an area of more than three hundred and fifty acres in Perillawali Grama Niladhari Division of Eraurpattu in the Batticaloa district of the Eastern Province. The site consists of rock caves, inscriptions, ponds, monuments, and archeologically important ruins with a stupa dating back to the 2nd and 3rd Century BC. Archeological sites in the area are constantly affected by the treasure hunters and timber cutters.

Venerable Ketakumbure Dhammarama Thero, the Committee Member of the Asgiri Maha Sangha Sabha, the Governor of the Eastern Province Honourable Anuradha Yahampath, Commander Security Force (East), Senior Officers, Officers and the Officials of the Central Cultural Fund presented at the occasion.

Army Commander's Challenge Trophy - 2022



Security Force Headquarters (Mullaitivu) organised "Army Commander's Challenge Trophy - 2022" football tournament with the intention to promote the goodwill among Sri Lanka Army and civilians began on 22 January 2022. A total of 25 football teams, comprised of 260 players in the North region joined the sports event.

The semi-finals played at Kilinochchi Public Ground under the directions of Major General W A S S Wanasinghe RSP USP ndu the Commander Security Forces (Mullaitivu) and patronage of Major General G R R P Jayawardena RWP RSP ndu General Officer Commanding, 57 Infantry Division on 27 February 2022. Urithipuram team, Kilinochchi and St Mary's team, Kilinochchi qualified for semi finals.

Commander Security Forces (Mullaitivu), General Officers Commanding of 57, 59, 64 and 66 Divisions, Senior Officers, Other Ranks, and sports enthusiasts witnessed the semi-final match at Kilinochchi Public ground.

Scholarships for Courageous Students from Security Forces (Mullaitivu)



A scholarship awarding ceremony for economically underprivileged students who excelled at General Certificate of Education (Ordinary Level) examination in education zone, Mullaitivu was held under the patronage of Major General W A S S Wanisinghe RSP USP ndu Commander Security Forces (Mullaitivu) on 6 March 2022. Twenty five talented students were benefited from the event.



The financial generosity for the charity event was extended by Madam Kiyoko Ogawa Scholarship Programme under the Japan Sri Lanka Technological and Cultural Association (JASTECA). Each awardee received a scholarship worth of Rs 2500.00 and a dry ration parcel. General Officers Commanding of 59 and 64 Infantry Divisions, Commander, 642 Infantry Brigade, Officers, Officials from Madam Kiyoko Ogawa Scholarship Programme, Principal, teachers, students and their parents participated in the event.

Commander Security Forces (West) Visited Under Command Formations



Major General K Liyanage RWP RSP ndu Commander, Security Forces (West) engaged in an inspection visit to under command formations of 143 Infantry Brigade. Enquiring the administrative requirements, Commander Security Forces (West) addressed the troops of the formations. General Officer Commanding, 14 Infantry Division, Commander, 144 Infantry Brigade, Officers and Other Ranks participated in the inspection tour.



Two Day Workshop at Security Force Headquarters (West)



As per the directions given by Major General K Liyanage RWP RSP ndu Commander Security Forces (West), two-day workshop on "Minimising Observations from Internal Audits" was organised at the Regimental Headquarters of the Sri Lanka Light Infantry on 16 March 2022.

The initial address was delivered by Brigadier G D R U K Liyanage Brigadier (Admin/Quartering) and few knowledgeable Non-Commissioned Officers also participated as resource persons. The general observations at audit boards, public funds and nonpublic funds regulations, army procurement procedure, emergency engineer services, purchase of vehicles and barracks, vehicle absorbent, supply procedures were discussed during the workshop. 75 Officers and 260 Other Ranks participated in the educative event.

Security Force Headquarters (Central) Marked its 9th Anniversary



A series of programmes was organised at Security Force Headquarters (Central) to commemorate its 9th Anniversary under the directions of Major General M K S Silva RWP RSP ndu Commander, Security Forces (Central) with the participation of Officers and Other Ranks on 14 March 2022 at the newly established premises in Diyathalawa.

Several events such as cricket, elle, volleyball and tug of war were also included in the event. Pirith chanting, alms giving, and religious observances were also held at the Bhodhikanda Temple premises with presence of all ranks.



On this glamorous occasion, Commander Security Forces (Central) presented awards for the winners of cricket, elle and volleyball tournaments and gifts for the civilians. The event was concluded with a feast and musical show organised at Muthukumar grounds.

Lunch for Children at Siri Sangabo Children's Home in Bandarawela



In commemoration of the 09th Anniversary of Security Force Headquarters (Central), lunch packets were provided for the children at "Siri Sangabo Children's Home" in Ambegoda, Bandarawela under the instructions of Major General M K S Silva RWP RSP Commander, Security Forces (Central) on 03 March 2022. This programme was conducted with the coordination of Civil Affairs Office of Security Force Headquarters (Central) and under the supervision of Brigadier D C C D R Waidyasekara RSP Brigadier (Coordinating) Security Force Headquarters (Central).

Army Officers on Request Educated People on Home Gardening



Major A M Amarathunga Staff Officer - II and Major W T U Perera Second in Command of 6 Sri Lanka Army Corps of Agriculture and Livestock conducted informative lectures on "Home Gardening and Producing Compost" to a crowd of more than 150 people on 17 March 2022 at the Parish of Ragama Church.

Major General W B S M Abeysekera RSP USP Colonel Commandant, Corps of Agriculture and Livestock and Director General Financial Management (DGFM) and Mrs Shanthi Abeysekera, Chairperson, Corps of Agriculture and Livestock Seva Vanitha Branch participated in the educative programme. The lectures highlighted the advantages and importance of home gardening and production of organic fertiliser. Mango saplings were also gifted to the participants at the end of the event.

A Chess Training Workshop Initiated for Troops in Jaffna



A Chess Training workshop for troops of Jaffna was conducted at Security Force Headquarters (Jaffna) with the intention to enhance the skills of the amateur chess players in the Sri Lanka Army from 7 to 14 March 2022.

The event took place following the concept of Major General D B S N Bothota RWP RSP USP psc the Chairperson of Sri Lanka Army Chess Committee. Two Officers and 22 Other Ranks participated in the event.

Sri Lanka Engineers Seva Vanitha Branch



Mrs Mihiri Herath the Chairperson and members of the Sri Lanka Engineers Seva Vanitha Branch paid a visit to the "Mihindu Seth Medura" in Attidiya on 15 March 2022. Sri Lanka Engineers Seva Vanitha ladies offered lunch to 40 handicapped War Heroes resided at Mihindu Seth Medura amidst music played by the Calypso team of the Corps of Sri Lanka Engineers. The Chairperson Sri Lanka Engineers Seva Vanitha Branch also symbolically gifted a set of essential items to the Mihindu Seth Medura as assistance. The charity event took place under the patronage of the Chairperson and members of the Sri Lanka Engineers Seva Vanitha Branch.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



Members of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch visited "Mawpiya Sevana" Elders' Home" at Galpatha in Horana on 8 March 2022 to coincide with the International Women's Day. Visiting ladies inquired into wellbeing of residents in the Elders' Home and donated a stock of dry rations and two walking aids for the use of those adults. The Centre Commandant, Sri Lanka Army Ordnance Corps also joined the occasion, together with the Chairperson, Sri Lanka Army Ordnance Corps Seva Vanitha Branch, and members.

Corps of Agriculture and Livestock Seva Vanitha Branch



A series of programmes was organised on account of the "International Women's Day" under the theme of "Empowering Courageous Woman through Entrepreneurship" on 12 March 2022 at Auditorium of 4th Field Regiment, Sri Lanka Artillery at Army Cantonment in Panagoda.

Mrs R P Kusumawathie delivered a keynote address on Art and handicrafts after presenting a series of videos featuring courageous women's self-creations in the Corps of Agriculture and Livestock. "Viru Liya" - online purchasing solution was also launched during the event. The event was colored by a meaningful lecture of Lieutenant Colonel Sujith Chaminda Edirisinghe on "War and Women". All attendees were given a "Swayanjatha Al Wee" sapling as a token of memory of the day.

A special token of appreciation was awarded to Mrs Nadee Liyanage who was awarded as the "Best Woman in Sales and Marketing" at the "Vanitha 'Abimana" Award Ceremony held recently by Sirasa TV. The Citizens Development Business Finance PLC (CDB), the main sponsor of the event was also awarded a token in appreciation for the commitment. Major General W B S M Abeysekera RSP USP Director General Financial Management (DGFM) of the Army and Colonel Commandant of Sri Lanka Army Corps of Agriculture and Livestock and Mrs Shanthi Abeysekera the Chairperson of Corps of Agriculture and Livestock Seva Vanitha Branch graced the event together with the Officers, Other Ranks and members of Corps of Agriculture and Livestock Seva Vanitha Branch.

Sri Lanka Sinha Regiment Seva Vanitha Branch



Sri Lanka Sinha Regiment and Sinha Seva Vanitha Branch jointly organised a donation programme under the patronage of Major General K Liyanage RWP RSP ndu Commander Security Forces (West) and Colonel of the Regiment Sri Lanka Sinha Regiment, and Mrs Dharshani Liyange the President Sinha Seva Vanitha Branch on 27 February 2022. The ceremony was held at the main auditorium, Regimental Centre Sri Lanka Sinha Regiment, Ambepussa. Two children of War Heroes who are suffering from nerve damage were granted incentives worth of Rs 100,000.00. Wheel chairs were also donated to 09 handicapped War Heroes under the financial generosity of "Lio Society" - University of Colombo. The Staff Officers, Senior members of the Sinha Seva Vanitha Branch and Other Ranks participated in the event.

Mechanized Infantry Regiment Seva Vanitha Branch



The 14th Annual General Meeting (AGM) of the Mechanized Infantry Regiment Seva Vanitha Branch got underway on 05 March 2022 at the Officers' Mess of Sri Lanka Light Infantry Regimental Centre – Panagoda under the patronage of Mrs Dhanusha Weerasuriya, the Chairperson, Mechanized Infantry Regiment Seva Vanitha Branch. During the meeting, welfare matters of the handicapped War Heroes were also discussed. The meeting also reviewed past and on going projects and discussed possibilities to initiate new welfare activities for the betterment of the members of the Regiment. During the meeting, a motivational lecture was delivered by Mrs Ama Dissanayake.

Sri Lanka Light Infantry Seva Vanitha Branch

A workshop on "Non Communicable Diseases and Identification of those Diseases" recently got underway at the Sri Lanka Light Infantry (SLLI) Regimental Centre at Panagoda following an initiative taken by Mrs Shiromala Kodithuwakku the Chairperson, Sri Lanka Light Infantry Seva Vanitha Branch on 16 February 2022. The workshop was conducted under the "Healthy Army - Healthy Nation" (HAHN) project of the Colombo Army Hospital on a suggestion made by Major General T J Kodithuwakku RWP RSP ndu Deputy Chief of Staff and Colonel of the Regiment Sri Lanka Light Infantry under the supervision of Mrs Shiromala Kodithuwakku the Chairperson, Sri Lanka Light Infantry Seva Vanitha Branch. Members of the Sri Lanka Light Infantry Seva Vanitha Branch attended the workshop.



Gemunu Watch Seva Vanitha Branch



Mrs Geetha Athukorala the Chairperson, Gemunu Watch Seva Vanitha Branch launched the third phase of distributing equipment to the children of civil staff during 3 - 5 January 2022. The equipment was distributed among 54 children of civil staff who are residing in Badulla, Monaragala and Hambanthota. The charity event was held at the Green Paradise Hotel under the patronage of the Chairperson, Gemunu Watch Seva Vanitha Branch.

In line with the same event a wheelchair was donated to the handicapped daughter of S/431867 Sargent Gnanaratne W N M of Gemunu Watch. The generosity for the task was extended by Mrs Mumtaz Hamidon, senior member of Gemunu Watch Seva Vanitha Branch. Colonel of the Regiment, Gemunu Watch, senior Officers and Other Ranks participated in the event.



The Gemunu Watch Seva Vanitha Branch had its Annual General Meeting at the Gemunu Watch Regimental Headquarters on 05 February. During the session, books, and school equipment for the year 2022 were also distributed among 9 selected children of four War Heroes of the Gemunu Watch under the patronage of Mrs Geetha Athukorala, the Chairperson, Gemunu Watch Seva Vanitha Branch. Gemunu Watch Seva Vanitha Branch members and beneficiaries participated in the event.

Medical Corps Seva Vanitha Branch

The Sri Lanka Army Medical Corps Seva Vanitha Branch, through their sponsorship, provided a set of cupboards for the use of women soldiers serving at Colombo Army Hospital and Panagoda Army Base Hospital. The event was held under the patronage of Mrs Nilmini Hettiarachchi the Chairperson, Sri Lanka Army Medical Corps Seva Vanitha Branch.

2 (V) Sri Lanka Army Medical Corps also received a TV for the benefit of woman soldiers serving there.



Things to Concern When Pumping Fuel to Your Vehicle



It's a known fact that most of the people who leave their residences early in the morning to work, are using a vehicle that either a motor bike or a car. However, it is noticed that most of them are losing a portion of petrol and money which they have paid for it, due to their unawareness at the time of pumping the petrol to their vehicle. Therefore, this feature article was written to make most of them enlightened about the things they should be aware of at the time of pumping the fuel to their vehicles.

Are you aware that you are at a loss when pumping fuel up to the level of the full tank in your vehicle or are there specific and suitable time for you to get the fuel for your vehicle? If your answer is "no" to this question, you must read this feature article from its beginning to the end.

It was observed several times that when pumping fuel for the vehicle, some of the vehicle owners have a habit of shaking their vehicle several times at the time when they want to fill- up to the level of a full tank. Also,

you must always remember that Petrol is a liquid which is highly inflammable and has the possibility of evaporating. Another thing to keep in mind is that as Petrol evaporates, the pressure in the fuel tank of your vehicle constantly increases. However, this is not a safe and secure condition at the time of a warm weather climate. Therefore, you should avoid filling your vehicle fuel tank.

In addition, there is another disadvantage of filling the fuel tank of your vehicle. That is when the fuel tank of your

vehicle reaches the capacity of its maximum level, there is an automatic system in the petrol pump that the remaining petrol in the fuel hose will be returned to the main tank which is established in the underground of the filling station. But you should be aware that after the fuel pump automatically stops after reaching the full tank level in your vehicle, you must pay for the fuel which is remaining in the fuel hose too because the quantity, which is remaining in the fuel hose too, has already gone through the main billing meter of the filling station. This



can be defined as a situation where you had to sponsor the filling station by contributing money for the remaining petrol in the fuel hose due to your unawareness.

Another important thing that you should keep in mind is that there is a suitable time to get fuel for your vehicle. Accordingly, you should get your vehicle filled with fuel during the morning session. The reason behind this is that the quantity of the fuel which remains in the underground tanks of the filling station, are in the best form and the density (Thickness) of the petrol is also in good quality due to the cool environment early in the morning. But when it comes to the afternoon, things are changing due to the evaporation of fuel under the heat conditions of the climate. So, if you are going to get fuel in the afternoon, you won't get a good quantity of petrol for the money that you had to pay for it.

Also, at the time of filling the fuel to the vehicle, it has been noticed that some pumpers (Filling station attendants) are pumping fuel to the tank by increasing the pumping speed. The petrol is highly evaporating liquid. So, by allowing the filling station attendant to fill the tank by increasing the pumping speed, you will lose a considerable amount of petrol for the money that you had paid for it and that amount will evaporate to thin air. Therefore, you have a right to inform the pumper to release the fuel to your vehicle at a normal speed. In addition, you should always have a look at the fuel billing meter to check whether the pumper is in zero before filling the fuel to your vehicle.

Another important thing is to consider is getting fuel for your vehicle at the right time. You should never get your vehicle filled with fuel, soon after the petrol bowser truck left the filling station. The reason behind this

is that after the main tank, which was established underground of the filling station was filled with a large quantity of petrol and therefore the remaining stuff there has a possibility of getting mixed up with dirt and rubbish. So, if you fill up your vehicle with the petrol soon after the bowser truck left the filling station, you are at a risk of causing your vehicle into engine trouble. Also, it may affect the smoothness of the overall function of your vehicle too.

So, by being vigilant about the aforesaid facts, it may help you to save your money, valuable time and the smoothness related to the functions in your vehicle.



By
Lieutenant Duminda
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Directorate of Media
Army Headquarters.

Wanni Troops Gifted a New House to a Deserving Family



Further expanding its house construction project for needy families, Security Force Headquarters (Wanni) erected one more house and vested to a widowed mother of 7 children, residing in Mahakanadarawa, Rambawa area on 4 March 2022. The constructions came into reality under Brigadier A M C P Wijayaratne Commander, 211 Infantry Brigade. Dr Bhagya Weerawardana attached to the Teaching Hospital in Kalutara extended the financial support of Rs 2.0 million for the project. The simple inaugural ceremony was attended by several Senior Officers, beneficiary, and Other Ranks.

Sri Lanka Corps of Military Police Seva Vanitha Branch



Mr Inoka Ilangakoon Chairperson, the Sri Lanka Corps of Military Police Seva Vanitha Branch together with Major General A L Ilangakoon Colonel Commandant of Sri Lanka Corps of Military Police, visited the "Abhimansala 1" at Anuradapura to look into the requirements of those resident War Heroes on 21 February 2022. During the visit, the Chairperson the Sri Lanka Corps of Military Police Seva Vanitha Branch gifted dry rations to those handicapped War Heroes. Also, the members visited the sick wife of Captain D G Gamini and sick mother of Lance Corporal Herath H M K K.

Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch

The Annual General Meeting (AGM) of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch got underway at the Sri Lanka Electrical and Mechanical Engineers Centre Officers' Mess on 28 January 2022.

Mrs Nandani Samarakoon, the Chairperson, Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch and members attended the proceedings. Major General S P A I M B Samarakoon Hdmc Lsc Commander Army Logistic Command, Colonel Commandant and Centre Commandant of Sri Lanka Electrical and Mechanical Engineering were also present as invitees to the occasion, together with a few selected representatives.



Sri Lanka Army Pioneer Corps Seva Vanitha Branch

Special programme was implemented in line with the 2nd Anniversary of the Sri Lanka Army Pioneer Corps Seva Vanitha Branch at 1 Sri Lanka Army Pioneer Corps auditorium on 27 February 2022 under the patronage of Mrs Ramani Jayasooriya Chairperson, Sri Lanka Army Pioneer Corps Seva Vanitha Branch

To mark the occasion, five students who excelled in Grade 5 scholarship examination were awarded financial scholarships, each worth 7500.00. Similarly, each student was given a pack of school accessories. The sponsorship for the charity work was provided by the People's Bank of Sri Lanka. Those wishing to join Grade 1 in the year 2022 were also given gift vouchers, each to the value of Rs 2000.00 to purchase their school shoes. Also, a token of appreciation was also awarded to the outgoing Mrs Chandrika Sandhamalee Jayaratne



during the event. Generous members of Sri Lanka Army Pioneer Corps Seva Vanitha Branch, Colonel I D D Fernando Coordinating Officer, Sri Lanka Army Pioneer Corps Officers, Other Ranks, beneficiaries and their parents participated in the event.



Athpahakulam Tank Cleaned 572 Infantry Brigade

A programme to clean the Athpahakulam tank was held under the direction of Brigadier M P N A Muthumala Commander, 572 Infantry Brigade in line with the 74th National Independence Day on 4 February 2022. The troops of 6 Sri Lanka Sinha Regiment undertook the task under the supervision of Commanding Officer, 6 Sri Lanka Sinha Regiment.

Strength from Army for Courageous Vendor



The permanent vegetable outlet instead temporary was erected on behalf of Mrs Vigneshwari Rajendran who was living adjacent to 561 Infantry Brigade and vested to her on 18 February 2022. The troops of 561 Infantry Brigade extended their manpower for the task under the directions of Commander, 561 Infantry Brigade.

Major General L D S S Liyange RSP USP psc Hdmc General Officer Commanding 56 Infantry Brigade, Commanders, 561 and 562 Infantry Brigades and Commanding Officers of 16 Sri Lanka Sinha Regiment and 17 (V) Vijayabahu Infantry Regiment graced the event.

An Educative Programme on Carbonic Fertiliser at Vallapuram



An educative programme on the production of carbonic fertiliser was held on 21 and 22 February 2022 at the Tamil School in Vallapuram under command to 6 Gemunu Watch, Community Hall in Sugandipuram under command to 9 Sri Lanka National Guard and Grama Niladhari Office in Pudukudirippu under command to 6 Sri Lanka National Guard with the participation of number of civilians of the area. The educative programme was organised by 681 and 682 Infantry Brigade under the directions of 68 Infantry Division.



Let's Protect The Nature

De-forestation is a burning issue among the series of issues pertaining in the tiny island. If someone raised a question asking who is the most intelligent creature on this planet earth it will be answered as "human". This is very well – known fact. Is it still valid today?

trees. Trees absorb the CO₂, the result of the exhale. Also, the trees fertile the land and convert it to a agricultural ground where farmers can reap better harvest. The ground is also breathing in a similar way mankind does. The contribution that the trees are extended for the wellbeing of all living beings

Have You Ever Thought?

Have you ever thought that the number of destructions the mankind has caused to mother nature so far? The basic fact is that every person should realise that human is not owned the planet but also it is shared between all living beings in the planet. Resultantly, the unlimited consumption of the man has caused a serious damage to the limited resources that the nature has gifted. This extinct the valuable resources of the Nature. Also, the bio-diversity of the environmental system is badly damaged leading series of natural disasters. The unusual natural disasters are caused as a result of imbalance in each natural systems.

Destruction of the mother nature is bringing a disgrace as well as the damage. A few thinks that the deforestation or damaging the natural systems only harms the other living beings in the planet. But the truth is all the natural systems are damaged when a single system is damaged.

The Oxygen, or the air we breathe is a result of the



in the planet in various ways is commendable. Have you ever thought what will happen to the animals in the wood when the trees are disappeared?

There are number of ways and means that a man can make a complaint when their natural inhabitant patterns are disturbed. But the animals in the forest

have no authority to make a complaint in such a case when they faced such an issue. Their basic needs have already been deprived with the blessing of the fast development that the nations are competing with. Think for a while. Where are we going?

The important factor that to be respected and remembered is that the animals have contributed to build the huge forests for human. The below maps denote the actual status of the Sri Lanka forest cover from 1956 to 1999. The thick forest cover spread across the island had drastically decreased in the year 1999 in such a fast.

Root Cause for the Elephant- Man Struggle

With the deforestation, the limited lands which remains for the survival and food supply of the animals began to disappear. The foods, water is gradually began to extinct. Resultantly the elephants invaded the human cultivations which are built on the original land of jumbos. An electric fence is not the answer to prevent the Elephants invasion into the human habitat. The natural bond that the human had shared with the animal over



Source : EFL Website

generations is damaged and the responsibility towards the nature is left behind. The ancient resources emphasis the strength of elephant – man relations in Sri Lanka.

The strategies that the ancient man had followed to prevent the elephants invade is magnificent. The ancient man never invaded the area where the elephants lived. The due respect was given to the jungle giants and assured the wellbeing of them unlike today rather running behind money. Therefore, they never intended to destroy or kill the Elephants even they damaged their cultivation.

The ancient man was generous to leave some of the cultivations for the animals after the harvesting. They believed that the supernatural spirits are living in the woods and giant trees. They respected the nature and never intended to misuse the limited resources. The animals living near the villages used to enjoy the life with the left harvest without harming the sincere effort of the ancient farmers. The insect diseases were controlled by the birds, not the chemicals unlike today.

The root cause for the man- elephant struggle is the decreasing number of forestations.

Elephants are social creature, and they spend many



of their days by traveling from place to place. Therefore, it cannot be limited into few acres. Every single system in the nature is designed. the problems are arising when many elephants are limited to few areas depriving their primary rights. The deforestation is also having the same issue. Resultantly, the elephants invade the villages. The Elephants are searching foods from the villages and during this event the lives of both sides are hampered or destroyed.

Therefore, it is important to understand the nature of the issue and the absolute culprit of the dilemma rather harming the gifted resources of the nature. Elephants are intelligent, social and innocent creature. Protection of this beautiful creature is the responsibility of the mankind, before it's too late.



S/322441 Sergeant Perera M T T R RSP SLLI
Rehabilitation Commissioner General
Battaramulla



Draupadi's Dream

(Karna and the Unknown Man)

"Your highness. Are you awake? May I come in?"

I woke up with my maid's tapping on the door.

"Yes, I'm. Come in Charu."

"Your highness. I brought the milk and the honey. You may drink them and his majesty wishes to see you."

"Alright. Leave them here. Tell my father that I will be there soon."

Charu, left and I began to think about the dream I saw two days ago. Karna was the man in my dream. Who the other one was, I didn't recognise. He is tall and masculine and stood there with

an arrow and a bow in his hand. And he shot at Karna. And Karna was there lying on the floor looking helplessly. The dream made me much uncomfortable and nervous. I was wondering about this strange man in my dream during these two days. However, nothing came to my mind.

I still remember the first time I saw Karna's portrait which was drawn by one of our skilled artists in the palace. He seems to be very handsome and proud looking. The most enchanting feature in his face was his eyes. They could melt anyone's heart at once. I was only 16 at that time. Even so I did admire the man very much for an unknown



reason. Whenever, I think of my marriage or the suitors, it is Karna who came to my mind.

I still remember the heavenly voice I heard when I emerged from the fire with my brother. According to it, I will bring the destruction of the Kuru clan. Will it happen through my marriage to Karna? Karna was neither a Kuru nor Pandava. I was very frustrated and furious when I heard the story of how Drona acharya rejected to teach him the martial arts and techniques since he wasn't of royal birth. How does anyone be that much ruthless to a young man who was eager to learn? This was very much argued in my own court of mind. However, he is now a grown up to a more handsome and a skilled warrior according to the palace sources. I longed to see him in person more than ever. How would he react if he sees me? Will he talk to me? What should I say to him? All these questions kept coming to my mind every day.

However, this strange dream made my mind restless. What is the meaning of this? How can I save Karna from this? Who is the other man and where to find him? I wondered again and again and till Charu reminded me again of my presence in the court.

to be continued...



By
Captain J G M R P
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Series of Community Welfare Projects

A programme of distributing nutritious packs, kids and sanitary items worth of Rs 13, 000.00 was held at Cultural Centre, Mannar on 11 February 2022 for 20 expecting mothers living in the area under the supervision of Commander, 543 Infantry Brigade. The financial support for the charity event was extended by Officers and Other Ranks of 7 Vijayabahu Infantry Regiment. In line with the same event, a medical clinic was also conducted by Mrs Hilary Peris, Medical Officer and Staff under the directions of Major General U D Wijesekara RWP RSP USP rcds psc General Officer Commanding, 54 Infantry Division.



A newly erected house for Mr E M K Bandara resided at Selvaray, Thaleyimannr with the manpower of troops of 11 Sri Lanka Artillery also was vested to the beneficiary. General Officer Commanding, 54 Infantry Division graced the event as the Chief Guest. The charity event was attended by Brigadier B I Assalaratchi USP psc Commander, 543 Infantry Brigade, Commanding Officers of 7 Vijayabahu Infantry Regiment and 11 Sri Lanka Artillery and public Officials.

Inauguration Ceremony of Diploma in Information Communication Technology



School of Signals reviewed the existing course curriculum in line with the "Way Forward Strategy 2020-2025" and introduced Telecommunication and Information Technology courses with National Vocational Qualifications in collaboration with Tertiary and Vocational Education Commission. With the approval of ARTTRAC and Directorate of Training, Diploma in Information Communication Technology Course was scheduled to conduct initially on 07 February 2022. Accordingly, the inauguration ceremony of the Diploma in Information Communication Technology Course was held at the School of Signals on 07 February 2022.

The Colonel Commandant of Sri Lanka Signal Corps and the Chief Signal Officer of Sri Lanka Army Major General P A J Peiris ndu graced the brief inauguration ceremony as the Chief Guest and the Chairman of the Tertiary and Vocational Education Commission Engineer Mrs Udeni Wickramasinghe was also present at the ceremony as the Guest of Honour.

Diploma in Information Communication Technology Course is introduced to improve Officers' and Non-Commissioned Officers' IT skills to employ them effective in the IT sector as professionals to meet the future demands and challenges in the Army. The course encompasses a wide area of subjects in both technical and employability modules and course duration will be six months.

Consequently, the Learning Management System (LMS) of the school is also launched for the benefit of the students. The LMS consists of e-library, course management, assessment management, course materials, online examinations, and training calendar.

Furthermore, Course No 18 of Advanced Certificate in Applied Modern Information and Communication Technology Course for Signal Young Officers was commenced simultaneously on 07 February 2022 at the School of Signals.

Newly Appointed Director of Rehabilitation Paid a Visit to Abhimansala - 2



Brigadier A C Ekanayaka RSP Director of Rehabilitation paid a visit to “Abhimansala-2”, wellness resort and Army Prosthetics and Orthotics Workshop (Sanasuma) in Galle which are administrated by Directorate of Rehabilitation on 23 February 2022 soon after assumed the duties in his new appointment.

During his visit, the Director of Rehabilitation inquired into the welfare of permanently handicapped War Heroes residing in the “Abhimansala-2” wellness resort. Commandant and the Officers of the Army Prosthetics and Orthotics Workshop (Sanasuma) participated in the event.

Distribution Programme in Galkanda



Dry ration parcels consist of essential items were distributed among low-income families resided in Galkanda area on 26 January 2022 under the directions of Major General P M L Chandrasiri WWV RWP RSP ndu Commander Security Forces (East) and Major General K N S Kostwatta RWP RSP ndu General Officer Commanding, 23 Infantry Division with the intention to provide the assistance for the residents who were affected by COVID-19 pandemic situation. The event was conducted under the supervision of Brigadier R W K Hewage RWP RSP Commander, 233 Infantry Brigade with the manpower of the troops of 9 Sri Lanka Artillery.

Badminton Training Tournament

With the intention to improve the sport skills, a "Badminton Training Tournament" was held on 29 January 2022 with the participation of 20 students in the area.

This sport event was organised under the directions of Brigadier A M C Abeykoon RWP RSP USP Commander, 241 Infantry Brigade and supervision of Lieutenant Colonel U V C Pushpasiri, Civil Coordinating Officer, 241 Infantry Brigade.



Distribution of Mid-Day Meals



200 mid-day meal parcels were distributed among the deserving families residing at Welgamwehera in Trincomalee district on 4 February 2022 by troops of 22 Infantry Division. The charity project was implemented under the directions of Major General W B W M R S P Aluvihare RWP RSP General Officer Commanding, 22 Infantry Division.

Promoting Carbonic Fertiliser

4000 kg carbonic fertiliser produced by the troops of 10 (V) Engineer Services Regiment was handed over to the Ceylon Fertilizer Company Ltd (Lak Pohora) on 03 March 2022. The project was implemented under the direction of the Chief of Defence Staff and Commander of the Army with the intention to build a healthy nation free from chemical food and to promote the environmentally friendly sustainable agriculture. The event took place at the regional fertiliser store in Sooriyawewa. Major R P A Rohana USP Lsc Commanding Officer, 10 (V) Engineer Services Regiment symbolically handed over a stock of carbonic fertiliser to the representative of the Ceylon Fertilizer Company Ltd (Lak Pohora).



New GOC, 24 Infantry Division Visited Under Command Formations

Brigadier S B Amunugama RWP RSP ndu General Officer Commanding (GOC), 24 Infantry Division soon after assuming the duties of the new appointment, engaged in a visit to 241 Infantry Brigade and 11 Sri Lanka National Guard.

The General Officer Commanding, 24 Infantry Division was warmly welcomed by Brigadier A M C Abeykoon RWP RSP USP Commander 241 Infantry Brigade at the Brigade Headquarters. General Officer Commanding, 24 Infantry Division planted a sapling marking the event. Then he visited 11 Sri Lanka National Guard.



Blood Donation Campaign at Murukkan Base Hospital



With the intention to fulfill the blood shortage at the Murukkan Base Hospital, a blood donation campaign was held on 24 February 2022 at the Ward No.01. The event was supervised by Brigadier W S V Fernando USP IG Commander, 542 Infantry Brigade with the partnership of 15 (V) Gemunu Watch. Officers and Other Ranks of 54 Infantry Division extended their contribution to make the event successful.

Low-Income Groups Received Free Spectacles from Army



Troops of 571 Infantry Brigade took an initiative to distribute spectacles free of charge among 150 underprivileged school children, adults, and elderly people in Kilinochchi area during a project held at Kilinochchi Facility Centre on 12 March 2022. The generous sponsorship for the charity event was extended by Commercial Bank and Bid Sebastian Education and Research Centre. Major General G R R P Jayawardana RWP RSP ndu General Officer Commanding, 57 Infantry Division, Brigadier K G C H M Gamlath RSP USP Commander 571 Infantry Brigade, Officers and Other Ranks participated in the event.

Battalion Intelligence Course Successfully Concluded



Battalion Intelligence Course was held from 9-15 March 2022. The course was supervised by Brigadier D U N Serasinghe RWP RSP Commander, 121 Infantry Brigade under the direction of Commanding Officer, 6 Military Intelligence Corps. The certificates were awarded for the candidates who successfully completed the course by Major General R A D P Ranawaka RWP RSP USP ndc General Officer Commanding, 12 Infantry Division.

Inter Unit Elle Tournament at School Stadium in Omanthe



Inter Unit Elle Tournament-2022 was successfully held on 5 and 6 March 2022 at School Stadium of Government School, Omathe under the supervision of Lieutenant Colonel M P S K Nimalgoda RSP USP Commanding Officer, 21 Sri Lanka Sinha Regiment.

The 21 Sri Lanka Sinha Regiment won the tournament, making 7 Sri Lanka Sinha Regiment was the runner up. At the end of the event, the trophies were gifted to the winners by Colonel A G S M Perera RWP RSP USP Commander, 563 Infantry Brigade who graced the event as the Chief Guest. Many Officers and Other Ranks participated in the sporty event.

The event was organised with the intention to select the suitable candidates for the Sri Lanka Sinha Regiment Elle Team by Colonel of the Regiment and Centre Commandant of Sri Lanka Sinha Regiment.

65 Infantry Brigade Distributed Organic Fertiliser to the Residents in the Area



A consignment of 68,000 kg of organic fertiliser produced by the troops of 65I Infantry Brigade and 65 Infantry Division was handed over to the Ceylon Fertilizer Company (Lak Pohora Pvt Ltd) for onward distribution among the residents in the area on 9 March 2022 to be in line with the government's policy of introducing organic fertiliser for the paddy cultivation for the coming yala season.

The event took place under the directions of General Officer Commanding, 65 Infantry Division together with the Commander, 651 Infantry Brigade.

Sri Mettarama Temple Premises Renovated and Vested to Maha Sangha

Troops of 58 Infantry Division renovated the sermon hall and front parapet wall of Sri Mettarama Temple responding to the request made by Reverend Diyadora Mettanaanda Thero Chief Incumbent of the temple in Puttalam. The charity event was held under the guidance of Major General S R B Aluvihare RWP RSP ndu psc General Officer Commanding, 58 Infantry Division following the directions of Chief of Defence Staff and Commander of the Army and vested to the Venerable Maha Sangha on 22 March 2022.





Relieve Stress with These Easy Everyday Tips

Some stress in our lives is healthy as it could push us to test our limits, change behaviours and develop skills. But, as with everything in this world, even that has a limit. Constant stress can make way towards both mental and performance issues as well as the physical ailments. Let's look at a few ways to recognise and manage such situations.

Do I Have Stress?

You might tend to disregard the signals your body gives or take paracetamol when you experience a sudden headache, backache, tense muscles, or nausea. But it could be your body trying to cope with some stress and asking for a reset.

Less-obvious symptoms include;

- Irritability
- Stomach Pain
- Fatigue
- Having trouble sleeping
- Anxiety or panic attacks
- Difficulty making decisions
- Trouble concentrating
- Feelings of being out of control
- Changes in behaviour – low energy or loss of libido



How Can I Manage It?

If you have spotted the above symptoms in yourself, there's no need to feel out of control. You have already taken the first step to manage the stress.

➤ Focus on the things you can control. When you feel stressed out by a situation, think about what you CAN control. Give yourself some action steps. If your actions will have no impact on the situation, then learn to accept it for what it is.

➤ Make time for your favourite activity. Have personal time. Continue doing those activities that give you pleasure. Try to fit into leisure activities and hobbies into your day.

- Simplify your life. Say no to social commitments you don't enjoy and limit your time on email and social networking sites.
- Laugh often. Look for humour in everyday life. Rent your favorite comedy or laugh with a friend. You can take your military duty seriously without taking yourself seriously.
- Breathe deeply. By taking long, slow breaths, you increase your oxygen and calm yourself down.
- Get organised. Too much clutter can add to feeling things are out of control. Do your best to get rid of it. File old paperwork. Clean out your cupboards. Donate your excess belongings to someone less fortunate.



- Stay in the present. Try to be aware of what is happening in the present moment and focus your attention on what you are doing at any given moment. When your thoughts turn to the past and the future, gently try to bring them back to here and now.
- Learn how to relax. Try some visualisation exercises, such as picturing yourself in a relaxed or happy setting like the beach. Go for a walk. Listen to music. Read a book.
- Exercise. Commit to a regular workout. Run. Lift. Swim.
- Find and give support. Reach out to others in similar situations or in your community. Your community can be your unit, neighborhood, religious community, or just a group of close friends and family.
- Seek out confidential counseling. Talking with someone can sometimes help to reduce problems. Free and confidential counseling is available in Sri Lanka Army.

What Other Tools Can I Use?

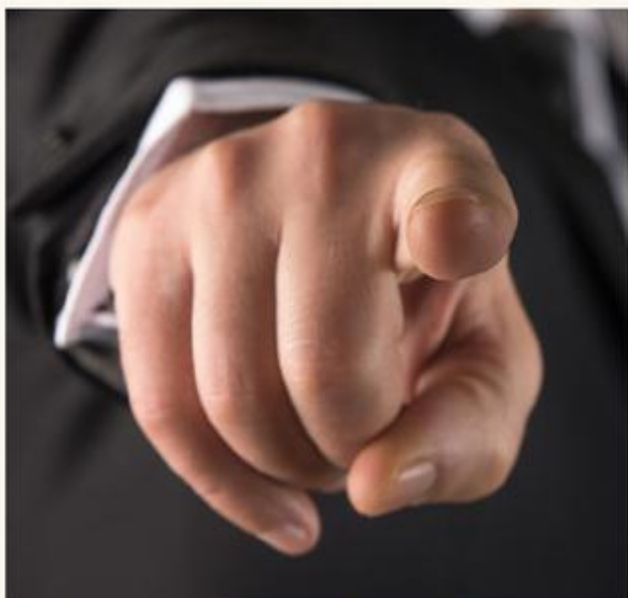
- In this information age, we use Google for literally everything in our everyday lives from looking up recipes to subjects we have no idea about. So, why should it be any different with

stress?

- Try reading up or watching a video on "belly breathing" and "square breathing" techniques, which can relax tension throughout your body.
- Most of you will have access to the internet with your mobiles, so use it wisely. There are many podcasts and articles to help cope with stress and you'll even find accounts of stories similar to exactly what you're going through.
- There's also a dedicated app for Military personnel introduced by the Department of Defense, USA called Chill Drills which is free for the military community worldwide. It is a collection of simple audio mindfulness exercises to relax the body and mind created by a behavioral health therapist who specialises in working with the military.
- With so many resources at hand, stress shouldn't be a factor to be scared of anymore. So, take action and you'll be able to overcome it for sure!



*By Mrs Shanika Fernando
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How to Judge Good Leadership

Leadership is the vital catalyst for successful change in an individual, a team, an organisation or in the wider community. Naturally leaders are expected to achieve goals by leading his or her subordinates while inspiring them in such a way that their full cooperation and commitments are obtained. Essentially, the success of a leader should be tangible and clearly measurable. The followings are decisively important in judging the success or failure of leadership.

Almost all the leaders work hard to achieve the desired results. Some may be successful, and some may fail in their effort of achieving the results. Certain leaders achieve their target in a snail rate without considering much on time and peace. Achieving the desired goals or results within an expected time frame is a paramount importance for the productivity. Hence, measuring the achievement of tangible results or reaching the desired destination as planned is one of the keys to judge a good leadership. Tardy achievement or sluggish action or reaction will not make you a stupendous leader.

Method of achievement is another area. Leaders use numerous ways to achieve their goals. Some leaders are known for achieving their goals or results in an unethical means. Leadership style of achieving their goals by unethical or inappropriate means have short life and controversies. Subordinates under such leaders are unhappy and are suffering from mental trauma. These types of leaders cannot

deceive people longer. They are soon despised by superiors, peers, and even own subordinates. Hence, an immaculate leadership always strives to use an impeccable method to achieve their goals without becoming a burden to his subordinates. It is vital for the leadership to achieve goals by winning the best cooperation and commitment of his subordinates creating a healthy atmosphere in workplace.

Another point is whatever an effective leadership takes on should have long lasting effects. His achievement should have a long life. Moreover, his presence must be felt by others for longer period even after his relinquishments. Leader's talents and capabilities could be judged through the quality and long-lasting work he produces. The Memories of such leaders will remain longer in the hearts and minds of his subordinates and superiors undiminished.



Resources are not plentiful but limited. Hence, the careful and optimum use of resources is vital for the organisations to be productive. An astute leader always strives to control his resources through careful planning in achieving their goals. His efficiency could be judged through the proper and economical way of controlling available resources. Unfortunately, it could be widely seen that many "so called" leaders don't care the inordinate wastage of resources in their process of reaching the destination. But they shamefully pretend themselves as efficient, even though they are the prodigals disguised as leaders.

Leadership is something dynamic and directly affects for the productivity of an organisation. It is widely known that the success or failure of the organisation depends on its leader. To be productive, leaders should have common leadership traits and capabilities. But what is of paramount importance is, leadership of a leader in any unit or organisation should be measurable and could be judged by his superiors, peers and subordinates, and in turn that would give some inspiration for the leaders to identify themselves.



By
Major General Keerthi Kottawatta (Rtd)
RWP RSP USP

Donation for Singithi Children's Orphanage in Kandy



In line with the 12th Anniversary of 11 Infantry Division, shoes, and mid-day meals were provided to the 27 children of Singithi Children's Orphanage in Aruppala, Kandy on 01 March 2022. The colourful musical programme won the hearts of the little kids. The charity event took place under the patronage of Major General P S K Sanjeewa RWP RSP USP General Officer Commanding, 11 Infantry Division. Officers and Other Ranks participated in the event.

TV Gifted to the Adiradan Pre School in Alankulam



Television and Dialogue satellite were gifted to the Adiradan Pre School located in Alankulam Grama Niladhari Division under the directions of Major General K A Samarasiri RSP USP psc General Officer Commanding, 65 Infantry Division. The financial generosity for the task was extended by Colonel T S Liyanagunawardene Colonel (Admin/Quart) 65 Infantry Division.

All Night Pirith Chanting at 663 Infantry Brigade



All Night Pirith Chanting was held on 27 March 2022 with the participation of Officers and Other Ranks of the under command formations of 663 Infantry Brigade invoking the noble blessing to the deceased, handicapped and in service War Heroes. The event was implemented under the conceptual guidance of Brigadier K H N P Hannadige RWP RSP psc Commander, 663 Infantry Brigade. General Officer Commanding, Commanding Officers of 57 Infantry Division also participated in the event.



Minimalism

A Modern Trend for a Simple Lifestyle

What is Minimalism?

Minimalism is defined as a design or style in which the simplest and fewest elements are used to create the maximum effect. Minimalism originated in the arts with the artwork featuring simple lines that contains a few colors, and careful placement of those lines and colors. The movement gradually developed and adopted by vast majority of the people due to its simple mechanism. Resultantly, it has developed up to a minimalist lifestyle.

What is a minimalist lifestyle?

The simplest definition of the term could be “removing the unnecessary things in life to focus on the essential”. Our lives are filled with unnecessary items and desires that are harder to reach. This can also be defined as living with the things that you need rather you want. The concept can apply to your home, work, relationships, wardrobe, finances, possessions, or even to organise your mindset.

Minimalism is clearly restricted form of self-control. It does not urge human to control the

most urgent requirements. If the requirement is fulfilled the minimalism teaches you that there is no point of chasing behind same requirement. Also, minimalism doesn't mean that you can't indulge in the things that you enjoy. It doesn't mean that you need to be frugal or that you must always make major tradeoffs. In its nutshell it tells you that you don't need to embark on a massive campaign to completely renounce modern day living.

How to become a Minimalist?

Becoming or convert into minimalist is fairly difficult task when you are loaded with bulk of items and thoughts. But you can make a change into your life by adopting a few good habits. Also, it will allow you to enjoy a simpler life. Here are a few ways of practicing minimalism that provide a more realistic guide to become a minimalist.

• Prioritise the Essentials

The essentials are the people, activities, and things in life that you care the most about. When you live a minimalist lifestyle,

you learn how to prioritise and focus your energy, resources on these things over others that you don't deem as important. A great place to start when adopting a minimalist lifestyle is decluttering. This can include your belongings, activities, relationships, and your digital life.

• Eliminate the Complexities

Every once in a while life gets difficult and you may find there are barriers that prevent you from being happy. Sometimes you can't avoid the cause of these difficulties, but often there are changes you can make to simplify and enjoy life once again.

The schedule is a major source of stress and strain in our life. However, there are ways you can build a daily routine and become more intentional when determining what you want to get out of each day.

• Manage your Expectations

Humans have a myriad of desires and put themselves under a lot of pressure to pursue these desires. Adopting a minimalist perspective helps us cut down

on the number of wants and desires and appreciate what you already have. Figuring out who you are (or want to be) and what you want to stand for will lead to more clarity and, ultimately, more happiness.

• Stay in Balance

Becoming minimalist is about finding balance in your life. It does not mean adhering to someone's else's set of standard of how many items you should own or how you should organise and design your environment.

It's a mindset that should allow you to pursue pleasure in life. Being modest and mindful about the limits of your desires does not mean eliminating them. If you are not sure where to start when it comes to pursuing pleasure in moderation, read and explore. You will eventually find a way out.

• Plan out your day

One of the best ways to start the day and feel a sense of control over how it flows is, to spend a few minutes in the evening planning for tomorrow. Make a short list of must-do tasks and activities that you can quickly compile. This gives you a framework for how to prioritise your list easily:

Important and Urgent — do first

Important but Not Urgent — do later

Not Important but Urgent — delegate

Not Important and Not Urgent — eliminate

Carve out a few minutes before bed this evening to organise tomorrow with this method. You will be surprised at how much time you typically spend on things that don't matter.

• Organise your Essentials

Have you ever randomly observed people in public places trying to pay for things? You may notice that some folks hold up lines by fumbling around in their bag

looking for their wallet and then sifting through their wallet trying to find the right card. It is amusing that something so important and essential to their day-to-day could be so disorganised. Your essentials are things you heavily rely on during the day. It can be an item like your bag or wallet, a space like your home office, or even the app you use to take notes.

Your simple task is to take a few minutes to identify an essential that needs to be organised such as your wallet, desk drawer, or digital file storage.

The simple act of clearing, cleaning, and properly arranging has strong psychological effects. If you struggle with this exercise, it may be worth deeper introspection and a more concerted effort to maintain order in your life and space.

• Say "no" when you must

There's a time and place for spontaneity, but in many cases, you need to think before you speak or act, and there are two ways to do this. First, avoid confirming spontaneous requests (or making in-the-moment decisions) until you have had a moment to evaluate their importance. Clear context puts you in a better position to make sound decisions. Second, you may do this when you feel obligated to please or appease the requester, but try not to say maybe when you really mean no.

Saying no or I don't know (instead of an automatic yes or half-hearted maybe) gives you the space to think. However, say No when it is required.

• Fix the Nagging Issues

If there are little things that are constantly nagging, you that take less than a few minutes to address. Then why don't you just do it? The issue could be that perfectionism is causing procrastination. You may secretly fear not being able to do the task thoroughly or perfectly.

In fact, many little tasks and issues can accumulate into one big problem and the only way to avoid that is to get them done. So, choose a little thing to fix right now. Don't assume you will be unsuccessful and don't get hung up on having to have a perfect outcome.

• Automate Repetitive Tasks

Repetitive tasks are things that you must do on a recurring basis such as: paying the bills Shopping for groceries, cleaning your house excreta. Though these types of tasks typically don't require too much mental processing, they often consume a lot of time. Automating or allocating them allows you to remove them partially or completely from your to-do list, instantly increasing your productivity by allowing you to focus on more pressing matters.

Minimalism is also can be defined as a path to a success. There is a powerful lesson that many successful people credit as being a major contributor to the success they have achieved in life. Who or what you spend your time will directly determine what you shall become in the future. Therefore, it is important to use the time and limited resources what we have wisely.



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



Today's junior leaders are the future leaders of the Army who will hold great responsibilities. The output gained by the junior leaders and the responsibilities are to be assumed in the years to come, as middle level Senior commanders will exact reflectly the training and the guidance given to them. Therefore, under mentioned recommendations are identified as the responsibilities of junior leaders in developing the good image of the Army:

a. Leader needs to know, understand and care of his men in order to understand their strength, weaknesses, capabilities, interests, personal problems and to support in overcoming problems/weaknesses. Therefore, junior leaders need to demonstrate a sincere concern and should take care of soldiers and their wellbeing

RESPONSIBILITIES OF JUNIOR LEADERS

without concerning about their own comfort or neglecting the basic needs of soldiers.

b. Obtaining the higher education will ensure the job security with a satisfactory salary and incentives in post military life. Therefore, junior leaders should seek for higher education to gain the professional knowledge and to secure better job opportunities after retirement.

c. In order to ensure the financial stability and the job security after their

retirement, the junior leaders should educate the soldiers on the importance of higher or vocational training to ensure their wellbeing after the retirement.

d. Leadership qualities of junior leaders are the most influential factor which strive the Army in hard situations by minimising disasters. Therefore, those qualities and responsibilities entrusted to them must be improved in order to ensure that men are properly guided, maintained morale with job satisfaction and keeping the intact with duty.

e. Junior leaders should create a disciplined and a friendly environment where soldiers can learn and should treat them fairly, providing leave and passes whenever required to attend to their family needs and improve living standards by supporting to solve their personal problems.

f. Junior leaders should understand the realities of income and expenditures, consequences of mismanaging the financial status and therein should educate soldiers under command to them to be disciplined citizens to the country.

g. Military leaders are required to be technically and tactically proficient at their job which means that leaders are capable of accomplishing all the tasks. Thus, junior leaders should perform on and off the duty as a competent, professional, educated, discipline as a gentleman to gain the social status without involving in unwanted and unlawful activities that could tarnish the image of the Army. Therefore, junior leaders should be a role model and demonstrate courage, competency, commitment and integrity to influence the behaviour of the soldiers.

h. Effective training improves the performance of soldiers and team while enhancing the confidence, discipline and cohesive quality. Thus, situational awareness training should be conducted regularly to

control doubt and reduce anxiety and thereby keep the soldiers away from involving in such unlawful activities.

i. Being a junior leader, the soldiers are to be properly guided and supervised to make them efficient and disciplined soldiers/citizens. Thus, leader needs to correct and guide his men and bring out the good in each soldier. Therefore, degrading qualities of soldiers and subordinates must be rectified in order to prevent them from being criminals.

j. Achieving a mission in battlefield is a team work which needs in order to develop the team spirit among soldiers. Thus, the responsibility of a leader is to foster a climate in which everyone is treated equally, with dignity and respect regardless of race, gender, creed, or religious belief. The personal integrity of a leader should not be compromised by breaking the trust between soldiers and leaders.

k. The oath of military leader demands to show his commitment beyond the call of duty to accomplish all assigned tasks to the fullest of ability, to be responsible to serve the values of the unit, military and the country which requires a greater commitment and dedication. Therefore, junior leaders should ensure their dedication and commitment towards the duty regardless of personal sacrifices and personal goals/achievements.

l. As per Maslow's hierarchy of needs, unmet basic needs could ignite issues between the leader and the followers and affect the mutual trust, respect and cohesion which could lead to absenteeism. Soldiers will be motivated if their basic needs are met or fulfilled. Therefore, junior leaders should be approachable and be friendly to his followers allowing them to discuss and forward their grievances.

m. Unprofessional behaviour, attitudes and irresponsible acts of junior leaders have negative impacts which will ruin their career and may force them to absent without leave. Therefore, whenever they face difficulties or challenges, junior leaders should consult experience seniors to resolve their cases which will help to prevent or minimise the involvement in unlawful activities.

n. In subunit level, junior leaders should play a bigger role in attaining high standards of proficiency, apply leadership traits and improve personal qualities which will enable to retain well trained soldiers, reduce absenteeism and thereby to minimise their engagement in unlawful activities in civil society.

*Lt Col D P A S A Witharana psc - 5
SLAC
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- b. 'Desertion and the American Soldier' by Robert Fantina.

Ranaviruwa Extends Heartiest Wishes for the Newly Appointed Officers



**Major General
R A D P Ranawaka RWP RSP
USP ndc**
assumed the duties as the
Quarter Master General
on 23 March 2022



**Major General
A K G K U Gnanaratne ndc psc**
assumed the duties as the
Commander,
1 Corps
on 14 March 2022



**Major General
D P Hathurusingha USP**
assumed the duties as the
Commander,
Forward Maintenance Area
(Central)
on 08 March 2022



**Major General
G G A S Wickramasena RWP
RSP USP psc Hdmc**
assumed the duties
as the General Officer
Commanding,
14 Infantry Division
on 14 March 2022



**Brigadier
R W Ponnampuruma RSP psc**
assumed the duties
as the General Officer
Commanding,
68 Infantry Division
on 14 March 2022



**Brigadier
A H L G Amarapala RWP RSP
ndc psc**
assumed the duties as
the General Officer
Commanding,
12 Infantry Division
on 20 March 2022



**Brigadier
S B Amunugama RWP RSP
ndu**
assumed the duties
as the General Officer
Commanding,
24 Infantry Division
on 10 February 2022



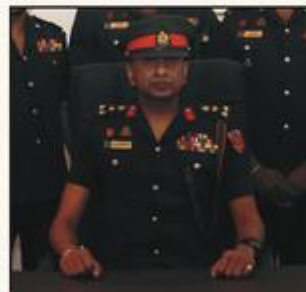
**Brigadier
H M U Herath RWP RSP USP
psc Hdmc**
assumed the duties
as the General Officer
Commanding,
52 Infantry Division
on 14 March 2022



**Brigadier
K W S Perera RWP**
assumed the duties as the
Brigadier General Staff,
Security Force
Headquarters (West)
on 14 March 2022



**Brigadier
B I Assalaratchi USP psc**
assumed the duties as the
Commander,
Signal Brigade
on 09 March 2022



**Brigadier
M A D J D Gunathilaka RSP
USP**
assumed the duties as the
Commandant,
Suvasahana,
Abhimansala 1
on 17 January 2022



**Brigadier
K T P de Silva RSP psc**
assumed the duties as the
Director,
Directorate of Psychological
Operations
on 16 March 2022



Brigadier
W G P Sisira Kumara RSP
assumed the duties as the
Brigadier (Coordinating),
Security Force
Headquarters (West)
on 22 March 2022



Brigadier
H P I Perera RWP RSP
assumed the duties as the
Commander,
Headquarters Brigade
on 07 March 2022



Colonel
A G S M Perera RWP RSP USP
assumed the duties as the
Commander,
563 Infantry Brigade
on 19 January 2022



Colonel
S A U A Solangaarachchi RSP
psc
assumed the duties as the
Commander,
221 Infantry Brigade
on 23 February 2022



Colonel
A P C R Prematilaka RSP USP
assumed the duties as the
Commander,
643 Infantry Brigade
on 12 March 2022



Colonel
I N Kandanaarachchi RSP
assumed the duties as the
Colonel General Staff,
68 Infantry Division
on 15 March 2022



Colonel
D S Jayawardana RSP
assumed the duties as the
Colonel General Staff,
66 Infantry Division
on 23 February 2022



Colonel
D K C L Perera RWP USP psc
assumed the duties as the
Colonel General Staff,
53 Infantry Division
on 14 March 2022



Colonel
R M S Ranasinghe
assumed the duties as
the Colonel (Admin/
Quartering),
53 Infantry Division
on 18 January 2022



Colonel
H H S P S de Silva RSP USP
assumed the duties as the
Colonel (Coordinating),
Security Forces (Jaffna)
on 21 March 2022



Lieutenant Colonel
K A A K Karunaratne RWP
RSP USP psc
assumed the duties as the
General Staff I (Ops),
Security Forces (Jaffna)
on 23 March 2022



Lieutenant Colonel
D M D A B Dhanasekera
assumed the duties as the
Staff Officer I (Logistics),
Security Forces (Jaffna)
on 24 February 2022

New GOC visited Under Command Formations



Major General G G A S Wickramasena RWP RSP USP psc Hdmc who assumed the duties as the General Officer Commanding, 14 Infantry Division made his maiden visit to 144 Infantry Brigade on 18 March 2022. He inspected the 2 (V) Sri Lanka Light Infantry Regiment, 144 Infantry Brigade, 12 Gajaba Regiment and 2 Pioneer Corps and shared his thoughts with the troops. Colonel K M V Kodithuwakku, Commander 144 Infantry Brigade, Commanding Officers of the units, Officers and Other Ranks graced the event.

RANAVIRUWA

COMPUTER FONTS, COVER DESIGN AND PAGE LAYOUT

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S/ 753797 Cpl Kumarasinghe MGAM - 11 CES
S/ 754676 L/Cpl Lakthilina WR - 11 CES

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Fallen War Hero's Daughter Received a New House



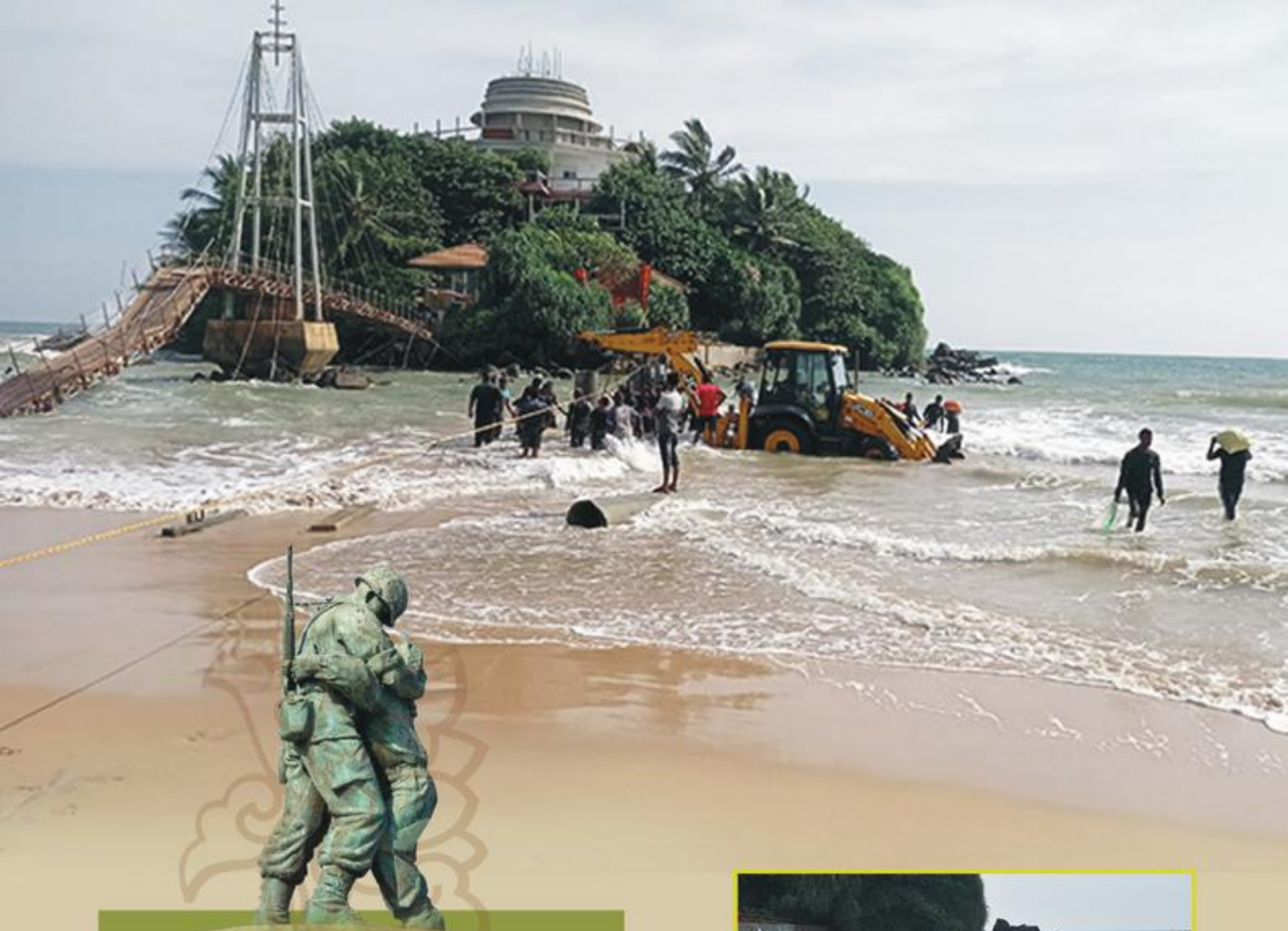
General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff and Commander of the Army made a visit to Kendaliyaddapaluwa in Ganemulla and added symbolic value to the memory of a fallen War Hero by vesting a new house to his family members, built at a cost of about Rs 1.5 m on 18 March 2022.

Lieutenant Colonel K L K Nanayakkara of 7 Gemunu Watch sacrificed his life while fighting against LTTE terrorists to liberate Mullaitivu area from terrorist grip and laid down his life for the country on 1 February 2009.

Troops of 7 Gemunu Watch (GW) took the initiative of erecting the new house for the deserving family. Directorate of Veterans' Affairs allocated Rs 1.2 million, and Gemunu Watch allocated Rs 0.3 million for the construction that initiated under the phase No 5 of the of the Army Commander's special house construction project. The widow, Mrs P Iroshini with their schooling daughter of 15 years of age, was in need of a suitable house as their only daughter was just 2 years of age when the War Hero, Lieutenant Colonel K L K Nanayakkara sacrificed his life for the country.

Senior Officers including, Colonel of the Regiment, Gemunu Watch and Commander, Security Forces (East), Commander, Security Forces (West), General Officer Commanding, 14 Infantry Division, Director Veterans' Affairs attended the warming ceremony held at Ganemulla.





Memories of the Battleground

Peoples' Life Revived with Heroes Strength.

Construction projects such as bridges, roads, are not difficult tasks anymore for warriors of Sri Lanka Army. They had done the same amidst the bombs, bullets, and rain of attacks during the Humanitarian Operation risking their lives. Construct a bridge to cross the devotees to Pigeon Island was not a such task for an army who saved the people who stuck during the continuous battles in the lagoons. The recent construction of the bridge of Pigeon Island reminds this enormous contribution once they rendered.



