



SEPTEMBER 2022 17th Issue

Ranaviruwā



**A Refreshing Start to Strengthen
the Religious Harmony..**



Invocation of Blessings for Army Flags at Kirivehera Temple at Kataragama

The invocation of blessings for Army Flags in line with the 73rd Army Anniversary (10 October 2022) was held on 21 September 2022 at the sacred Kirivehera and Devalaya compounds, Kataragama with the participation of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army.

Flags of all Army Regiments, Security Force Headquarters, Training Schools, Infantry Divisions, Infantry Brigades, formations and units took three rounds around the 'Kirivehera' stupa in devotion, preceded by Army drummers. At the event, Venerable Kobawaka Dhamminda Thero with members of the Maha Sangha performed religious rites and invoked blessings on the same occasion. Commander of the Army graced the religious event as the Chief Guest and presented a financial contribution towards the development of the sacred place of historic value as a symbolic gesture of veneration.

The glorious religious event was attended by a host of Senior Officers, including Major General CD Weerasuriya RWP RSP ndu Deputy Chief of Staff, Major General DGS Senarath Yapa RWP RSP ndu Commandant, Sri Lanka Army Volunteer Force, Major General MKS Silva RWP RSP ndu Commander, Security Forces (Central), Major General MGWWWMCB Wickramasinghe RWP RSP ndu psc Adjutant General, Major General AHLG Amarapala RWP RSP psc General Officer Commanding, 12 Infantry Division.



Colourful Army Flags Symbolically Blessed at Sri Maha Bodhi for Army Day

Invoking symbolic blessings for the Army Flags in line with the 73rd Army Anniversary and the Army Day (10 October 2022) was held at Jaya Siri Maha Bodhi premises located in the sacred city on 24 September 2022. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest.



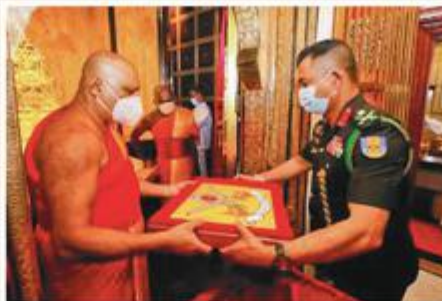
During the event, Venerable Ralapanawe Dhammajothi Thero delivered special orations appreciating the generous contribution of the late War Heroes of the Sri Lanka Army who sacrificed their lives for the wellbeing of the country. Most Venerable Dr Pallegama Sirinivasa Nayaka Thero Sangha Nayake for North Central Province and the Chief Incumbent for all eight places of worship (Atamasthandhipathi) at the 'Sanghawasaya' (residential monastery) together with Most Venerable Maha Sangha graced the event.

Chief of Staff, Deputy Chief of Staff, Commandant Sri Lanka Army Volunteer Force, Principal Staff Officers, Security Force Commanders, Directors, Senior Officers and several Officers joined during the ceremony including the Other Ranks.



Sri Dalada Maligawa Blessed Sri Lanka Army Flags on account of Army Day

The third religious ceremony to invoke the noble blessings to the Sri Lanka Army Flags on account of 73rd Army Anniversary (October 10) was held on 28 September 2022 at the Sri Dalada Maligawa (Temple of Tooth) in Kandy under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.



Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff, Major General MKS Silva RWP RSP ndu Commander, Security Forces (Central), Major General PSK Sanjeewa RWP RSP USP General Officer Commanding, 11 Infantry Division, Major General MGWWWWMCB Wickramasinghe RWP RSP ndu psc Adjutant General, Brigadier K A U Kodithuwakku RWP USP psc IG Director Personnel Administration and few other Senior Officers joined the event.

The Anunayake (deputy Chief Prelate) of the Asgiriya Chapter, Venerable Wendaruwe Upali Thero who performed religious rites in the upper chamber accepted the donation extended by Commander of the Army for the further development of this most-venerated sacred place.



The religious arrangement was meticulously organised by the troops of 11 Infantry Division Headquarters in Pallekele, Kandy under the close supervision of General Officer Commanding, 11 Infantry Division.

All Religions Invoked their Holy Blessings for the Army Flags in line with the 73rd Anniversary

A Series of religious events took place in line with the 73rd Anniversary of Sri Lanka Army under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army in appreciation of the tremendous service rendered by the Sri Lanka Army. Senior Officers including Chief of Staff, Deputy Chief of Staff and Other Ranks attended the event.



A special Mass was held at All Saints' Church, Borella



Hindu Arachanam (Mantra Chanting) was held at Mayurapathi Sri Bhadrakali Amman Kovil at Colombo 06



Islam Religious Prayers was held at Jumma Mosque at Colpetty

Commander of the Army Made his Maiden Visit to Security Force Headquarters (Central)

With the objective of meeting the troops, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army made his maiden visit to Security Force Headquarters (Central) at Diyatalawa at the invitation of Major General MKS Silva RWP RSP ndu Commander of the Security Forces (Central) on 29 September 2022.

The Commander of the Army was warmly welcomed by the Security Forces (Central) offering a colourful Guard Turnout presented by the troops of 23 Gajaba Regiment at the main entrance.

After accepting the customary Guard of Honour, Commander of the Army visited all battalions, brigades, and units under command to the Security Forces (Central) and inquired about the requirements and welfare of the troops. During his troop address, he underlined the importance of duty commitments and the requirement to upgrade the professional standards, and high maintenance of discipline as a member of the Army. He also highlighted the importance of the Army's Green Agriculture Drive.

Towards the culmination of the address, Major General MKS Silva RWP RSP ndu Commander Security Force (Central), presented a memento to the Commander of the Army. Generals Officer Commanding of 11 and 12 Infantry Divisions, Commander, Forward Maintenance Area (Central), Infantry Brigade Commanders, Commanding Officers, Senior Officers, Officers and Other Ranks attended the occasion.





Inter Regiment Practical Rifle and Combat Shooting Meet Thrilled at Diyatalawa

The Inter Regiment Practical Rifle and Combat Shooting Meet-2022 was held under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 30 September 2022. Commander of the Army graced the event as the Chief Guest at the invitation of Major General WTWG Ihalage RWP RSP psc Chairman, Army Small Arms Association. The event was organised by the Army Small Arms Association (ASAA), together with the Marksmanship and Sniper Training School (MSTS) at Diyatalawa, more popularly known as the 'Home of Snipers'.



The annual meet that expects to expand the field of rifle shooting to be on par with international standards was completed by 400 plus shooters under three categories as Open, Service Regiments and Novices, representative of all Regiments. Nearly 400 shooters representing all Regiments of the Sri Lanka Army participated in the event under open, service and novices categories. The championship of the open category of Combat Shooting Meet was won by the Gemunu Watch pushing Gajaba Regiment shooters to 2nd place and Commando Regiment shooters to 3rd place.



However, the Championship was again secured by Gemunu Watch shooters pushing Vijayabahu Infantry Regiment and Commando Regiment shooters to first and second runners-up slots in the Combat Shooting Meet novices' category. In the meantime, the Championship in the Combat Shooting Meet Service Regiments category was won by the shooters in the Sri Lanka Corps of Military Police pushing Sri Lanka Army Service Corps shooters and Sri Lanka Electrical and Mechanical Engineers Shooters to be the 2nd and 3rd runners up.

Similarly, Warrant Officer I WPN Dammika of Gemunu Watch was the Best Shooter in the Practical Rifle Meet Open category while Private Jayasinge WGUL of Gajaba Regiment and Staff Sergeant Priyantha Kumara GG of Sri Lanka Army Service Corps declared the Best Shooter in the category of Practical Rifle Meet Novices and Service Regiment. Brigadier WP Kariyawasam of Sri Lanka Armoured Corps received trophies and certificates under Brigadier and Major General ranks category in the Inter Regiment Practical firing competition. Brigadier KMV Kodithuwakku of Gemunu Watch was adjudged as the Best Shooter of Inter Regiment Combat Firing Meet 2022 in Brigadier and Major General Ranks Category.

Senior officers including Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff, Major General MKS Silva RWP RSP ndu Commander Security Force Headquarters (Central) and Major General WASS Wanasinghe RWP RSP ndu Commander Security Force Headquarters (Mullaitivu), Brigadier JMSGB Jayamaha RWP RSP USP Commandant Marksmanship and Sniper Training School Officers, and Other Ranks participated in the energetic sporty event.

First Group of Army-Produced Women De-miners Ready to Accept Overseas Responsibilities



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, adding a special chapter to the reputed de-mining assignments of the Army awarded Certificates of Proficiency to the first group of 54 Army-trained women de-miners, followed an internationally-acclaimed Humanitarian De-mining Course of high standards at the Army Headquarters on 8 September 2022.

The 1st Course for women soldiers covering more than six months commenced at the Engineers' Brigade Headquarters in Boo Oya on 30 December 2021 and 2nd course commenced on 6 June 2022 at the 10 Field Engineers Headquarters in Mailaddy, Jaffna comprised of field operations, under the close supervision of Major General MK Jayawardena RSP USP ndu Chief Field Engineer.

This first group of women de-miners in two teams is expected to be assigned to humanitarian demining effort in Sri Lanka. With this experience, they could gain potential to be employed in demining assignments under UN Peacekeeping Missions.

Major General SUMN Manage WWV RWP RSP psc Director General General Staff, Major General WMGCSB Wijayasundara RSP USP ndu Commander, Security Forces (Jaffna) and Colonel Commandant of Sri Lanka Engineers, joined the certificate awarding ceremony.

Sri Lanka National Defence College Badge Presented to Army Commander



The exclusively-designed badge for graduates of Sri Lanka's National Defence College (NDC) was pinned on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army by Major General KADA Karunasekara (Rtd) RWP RSP VSV USP ndu psc MSc Commandant, National Defence College at the Commander's office on 16 September 2022.

The first-ever graduation ceremony of the National Defence College Course took place under the aegis of Honourable Ranil Wickremesinghe, President of Sri Lanka and Commander-in-Chief of the Armed Forces on 14 September 2022. 31 tri-service and Police officers graduated completing the maiden National Defence College Course in Sri Lanka on the day.

Commander of the Army who also had earlier followed the National Defence College Course overseas expressed his appreciation to Sri Lanka's National Defence College curriculum during his remarks with the Commandant National Defence College.

12 Commando War Heroes Felicitated

Highly appreciating the significant role of Commandos and their valuable contribution as elite defenders of the motherland, a philanthropist family from Kalutara gifted a land patch of 148 perches for distribution among the most deserving members in the Commando Regiment (CR) on 27 September 2022.

The land property, worth over Rs 30 million, inherited from their father and ancestors in Payagala, Kalutara was thus jointly gifted to the Commando Regiment by philanthropists of the same family, Mrs Gaya Jayasinghe, Attorney-at-Law, former Chief Legal Officer in the Bank of Ceylon, Medical Specialist, Dr Okawas Chandrabhanu De Alwis and Mrs Pushpa Weerasingha, a scholar-researcher resident in Sydney, Australia to distribute among 1 Officer, 10 Soldiers of the Commando Regiment and 1 Civil Staff working in the Commando Regiment Headquarters.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the charity event as the Chief Guest and distributed 12 deeds of those portioned land plots to the beneficiaries. The noble intention of gifting their land to brave soldiers was inspired by Mrs Gaya Jayasingha in the year 2019 when she was serving as the Chief Legal Officer in the Bank of Ceylon.

The event was coordinated by Brigadier Lalantha Gamage (Rtd), a retired Commando Officer. The Regimental Headquarters, Commando Regiment implemented the project however the COVID-19 pandemic in the country at the time held over its progress for some time.

At the end of the programme, Major General AKGKU Gnanarathna ndc psc Commander, 1 Corps of Sri Lanka Army and Colonel of the Regiment, Commando Regiment,



extended his gratitude to the donors for their thoughtfulness and generosity towards the War Heroes. Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff, Major General MGWWWMCB Wickramasinghe RWP RSP ndu psc Adjutant General and a few senior Officers associated with the charity occasion.



Celebrating the World Children's Day Army Seva Vanitha Unit Provided School Items for Children

The Army Seva Vanitha Unit (ASVU), one of the leading welfare wings of the Army with sponsorship provided by the Lions Club of Colombo Platinum, Lions District 306 C1 at the Army Headquarters shared a consignment of school accessories, school bags and shoes, worth Rs 1.2 m among schooling sons and daughters of War Heroes and serving Army personnel on account of the forthcoming International Children's Day on 26 September 2022.

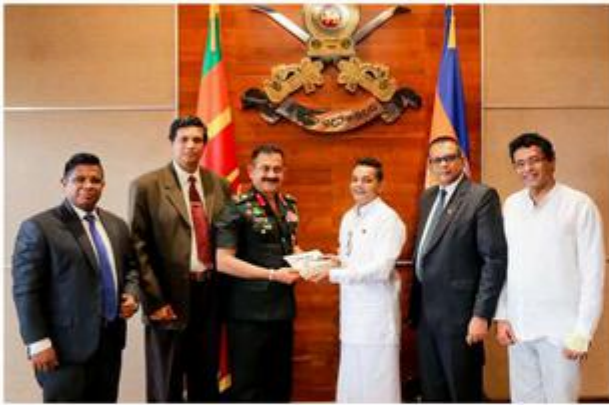
The distribution ceremony was headed by Mrs Janaki Liyanage President, Army Seva Vanitha Unit who graced the event as the Chief Guest.

25 students representing the regiments symbolically attended the occasion under the prevailing situation of the country and the items were distributed by Mrs Janaki Liyanage President, Army Seva Vanitha Unit, Governor Lion Gamini Kumarasingha, Governor of Lions District 306 C1, and his Lion Lady, Mrs Nilmini Kumarasingha, First Lady of the Lions Ladies Association, Lion Nipuna Kularatne, President of the Lions Club of Colombo Platinum Lions, Mrs Shiromala Kodithuwakku, Vice President, Army Seva Vanitha Unit and a representative gathering of Army Seva Vanitha Unit ladies, Officers, and beneficiaries.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army extended thankfulness to the Lions Club.



'Arrya' Foundation Members Enlightened Commander of the Army on their Projects for War Heroes



A group of office-bearers of 'Arrya' Foundation—a non-profit organisation who were massively engaged in charity and the welfare of War Heroes took a move to enlighten Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army about the organisation's mandate, past roles, current and future projects on 2 September 2022 at the Army Headquarters.

The group included Mr Charith Kiriella President, Arrya Foundation, Mr Shamendra Wickramarachchi Secretary, Visharada Jagath Wickramasinghe Senior Adviser of the Foundation, Dr Samadhi Rajapaksha and Dr. Lalith Bandara Senior Member of the Foundation.

Expert on Libraries and Book Conservation Extended more Support to the Army



Mr Kalana Chandimal Weerathunga Wakista an experienced expert in the field of library training and conservation of books, presented 18 sets of Buddhist philosophical books (508 books) to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army for the benefit of the proposed Library project of the Army Headquarters on 16 September 2022.

Since the year 2009, the donor, Mr Kalana Chandimal Weerathunga Wakista has gifted books on diverse topics over 100 to Army libraries across the country in appreciation of the role and tasks of Army for the betterment of the nation. He also equally supported the establishment of libraries at Sri Lanka Military Academy at Diyatalawa, Eco Library at Sri Lanka Sinha Regiment, Mechanized Infantry Regiment Library and the Special Forces Training School Library, Maduruoya. Brigadier DKSK Dolage USP psc Director of Training, also attended the occasion.

Gajaba Regiment Veteran Extended Greetings to Army Commander



Brigadier WAM Weerasuriya RWP RSP USP (Rtd), a veteran of the Gajaba Regiment (GR) called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 22 September 2022 at the Commander's office.

During the cordial meeting with the Commander of the Army, Gajaba Regiment veteran exchanged views on several matters of importance to the progress of the Army and the Gajaba Regiment. The friendly gesture reciprocated following an exchange of memento to Brigadier WAM Weerasuriya RWP RSP USP (Rtd).

Promotions and Cash Incentives Awarded to Army Achievers in International Sports



The Army-groomed sportsmen and sportswomen who shone distinctively in the field of international sports were appreciated by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army awarding them cash incentives and promotions on 20 September 2022.

Those international achievers included Sergeant Theekshana MM well known Sri Lankan cricket player who contributed winning the Asia Cup Championship – 2022, Corporal Algama TT, Corporal KBY De Silva and Corporal Perera MAIJ, who were also the members of Sri Lankan National Netball team who won the Asian Netball Championship – 2022 and the Bodybuilder, Corporal Rajapaksha RADP who won the Bronze Medal in the Asian Bodybuilding Championship – 2022.

Accordingly, Private Theekshana M M was elevated to the rank of Sergeant, Private Algama TT, to the rank of Corporal, Private De Silva KBY to the rank of Corporal and Private Perera MAIJ to the rank of Corporal during the same occasion.

Commander of the Army in the friendly interaction with the achievers appreciated their international achievements and awarded financial incentives to Sergeant Theekshana M M, Netball Team Members and Bodybuilder Lance Corporal Rajapaksha RADP extending his best wishes for their future.

Major General WASS Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu), Major General WBSM Abeysekera RSP USP Director General Financial Management and Brigadier KAWNH Bandaranayake USP Director, Army Sports attended the brief occasion.

Sri Lanka Ex-Servicemen's Association Marked 78th Anniversary

The 78th Anniversary celebration of the Sri Lanka Ex-Servicemen's Association (SLESA) was held at Attidiya Eagles' Lakeside Banquet and Convention Hall on 4 September 2022 with the participation of General Kamal Gunaratne (Rtd) Defence Secretary as the Chief Guest, together with Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Vice Admiral Nishantha Ulugetenne Commander of the Navy, and several former tri-service Commanders.

During the event, the Chief Guest pinned the Honorary Service Medal (Gavurawanwitha Seva Padakkama) on several SLESA veterans appreciating their service while a few of former veterans were awarded Life Membership (Yawajeewa Samajika) status amid applause.

Lieutenant Colonel Ajith Siyambalapitiya (Rtd) Secretary to the SLESA delivered the vote of thanks marking the conclusion of the event. The event was attended by a large gathering of retired tri-service personnel including former tri-service Commanders. The SLESA was established in the year 1944 and consists of about 45,000 tri-service personnel. At present, 48 island-wide associations of armed forces were affiliated with the mother wing, the SLESA.



Commander Joined 'Ran Aswanu Neleeme Mangallaya' (Harvesting Ceremony) near Army Headquarters

The auspicious harvesting of paddy, sown in a stretch of 12 acres of fields near Sri Jayawardenepura Army Headquarters occurred during a ceremony, under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army who graced the event as the Chief Guest for the 'Ran Aswanu Neleeme Mangallaya' on 16 September 2022.

The entire project, carried out under three phases was closely organised and implemented by the Master General Ordnance (MGO) and supported by the Adjutant General Branch at the Army Headquarters with the active participation of troops of the Sri Lanka Army Corps of Agriculture and Livestock (SLACAL) on the guidelines given by the Directorate of Agriculture and Livestock of the Army and its respective Commanding Officers. Major General WBSM Abeysekara RSP USP Colonel Commandant, Sri Lanka Army Corps of Agriculture and Livestock and Brigadier AK Rajapaksha RSP Director, Directorate of Agriculture and Livestock threw their full weight for the success of the project.

Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff, Major General CD Weerasuriya RWP RSP ndu Deputy Chief of Staff and several Senior Officers attended the harvesting ceremony.



Directorate of Overseas Operations Launched the Official Website

The Directorate of Overseas Operations (DOO) of the Sri Lanka Army launched its official website (<http://alt.army.lk/doo/>) during a simple ceremony held at the Commander's Secretariat Mini Conference Hall, Army Headquarters, Sri Jayawardenapura on 15 September 2022.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army declared open the new website logging into it in the presence of a gathering, including Major General SUMN Manage WWV RWP RSP psc Director General General Staff, Major General RADS Ranaweera RWP RSP USP psc Director, Directorate of Overseas Operations and Overall Security Coordinator of the Army Headquarters together with several other Officers.

The new website consists of information of the history, organisation, training, and future prospects of the United Nations Peacekeeping Missions.



Newly-Promoted Senior Officers Received their Insignia from Commander of the Army



Three newly promoted officers to the rank of Major General received their insignia from Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at Sri Lanka Army Headquarters, Sri Jayawardenepura on 13 September 2022.

Major General RMM Ranasighe WWV RWP RSP of the Special Forces Regiment, Major General PGPS Rathnayake RWP RSP who is currently following National Defence and Strategic Study Course at National Defence College, Colombo 3 and Major General RADS Ranaweera RWP RSP USP psc Overall Security Coordinator of the Army Headquarters and Major General MTKR Silva KSP who is currently serving as the Deputy Commandant of Sri Lanka Army Volunteer Force were accordingly promoted. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army expressed his happiness and congratulated the newly promoted Officers and appreciated their loyal and dedicated service to the nation.

Corner-stone Laid for Gajaba Regiments' New Holiday Bungalow



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army during his visit to the Security Forces Headquarters (Central) at Diyatalawa laid the foundation stone for the erection of the new Holiday Bungalow of the Gajaba Regiment (GR) in the garrison town on 30 September 2022. Major General WRMM Rathnayake RWP RSP USP ndu a senior Council Member of the Gajaba Regiment and General Officer Commanding, 61 Infantry Division joined the event of cornerstone laying. This proposed Holiday Bungalow is to be constructed for the use of all ranks of the Gajaba Regiment. Council Members of Gajaba Regiment, Senior officers and Other Ranks participated in the event.

Indian High Commission's Defence Advisers Paid a Courtesy Call on Commander of the Army



Captain Vikas Sood Defence Adviser and Lieutenant Colonel Puneet Sushil Assistant Defence Adviser at High Commission of India in Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 29 September 2022 at the Army Headquarters in Sri Jayawardenepura.

Views on general matters of mutual interest were exchanged during the interactions and further, they discussed the possibilities to enhance the bilateral training modules between the two Nations.

Bangladesh High Commission's Defence Adviser Met Commander of the Army



Commodore Md Shafiul Bari Defence Adviser, High Commission of Bangladesh in Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 6 September 2022.

During the interactions, Commander of the Army exchanged his views on the subjects that are important for both nations including enhancing bilateral training modules between two armies, while extending the best wishes and greetings to the Defence Adviser, High Commission of Bangladesh in Sri Lanka.

First Batch of National Defence College Undergraduates Met Commander of the Army



The team comprised of 31 officers of tri-service and Police student officers of the recently-founded National Defence College (NDC) met Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at Army Headquarters on 6 September 2022.

Adding memories to the occasion, Mrs Janaki Liyanage spouse of Commander of the Army, Major General KADA Karunasekara (Rtd) RWP RSP VSV USP ndu psc MSc Commandant, National Defence College, Major General CD Weerasuriya RWP RSP ndu Deputy Chief of Staff, and Mrs Dhananjani Karunasekara joined the event. The Commander of the Army also added more prominence to the occasion by presenting a symbolic souvenir to each of those NDC undergraduates towards the end of the reception.



Commander Met War Heroes at 'Abhimansala 1'



After a few hours of the Buddhist religious ceremony held at Jaya Sri Maha Bodhi for the 73rd Army Anniversary, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army proceeded to the 'Abhimansala - 1' (wellness resort) at Anuradhapura where the dependent War Heroes are receiving rehabilitation and recuperation for the rest of their lives, marking the customary gesture of gratitude.

During the friendly interactions, Commander of the Army inquired about the welfare of the dependent War Heroes who resided at the 'Abhimansala - 1' and awarded each of them a gift parcel that contained essentials during the same occasion extending his fatherly affection towards his comrades.

Chief of Staff, Deputy Chief of Staff, Commandant Sri Lanka Army Volunteer Force, Principal Staff Officers, Commanders of Security Forces, Director of Rehabilitation, Commandant, 'Abhimansala-1' and several Senior Officers associated the goodwill gesture of the Commander of the Army.

Commander Paid Last Respect to Deceased War Hero of Gajaba Regiment



The military funeral of Major Ushan Weerasinghe (Rtd) of Gajaba Regiment (GR), belonging to the Sri Lanka Military Academy Intake 28 took place on 8 September 2022 at Nedimala 'Nisala Arana' cemetery with full military honours.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Colonel of the Gajaba Regiment paid his last respect to the fallen War Hero at his residence along Vihara Mawatha, Pepiliyana, before his cortege left for the cemetery for cremation. He condoled the late War Hero's family members and spoke highly of his commitment and battle skills during the war against terrorism. The late War Hero of the 1 Gajaba Regiment fearlessly contributed to counter terrorist operations and resultantly awarded the Rana Sura Padakkama (RSP), Deshaputhra Medal and a few other medals in recognition of his dedicated services in defence of the motherland.

New Housing Project from Mechanized Infantry Regiment



Under the conceptual layout of Major General CD Weerasuriya RWP RSP ndu Colonel of the Regiment Mechanized Infantry Regiment, a new Housing Project was launched to fulfil the requirement of fellow comrades of Mechanized Infantry Regiment. Under the project, five new houses for five soldiers were erected with the assistance of Mechanized Infantry Regiment Seva Vanitha Unit.

One of the five houses erected in respect of Other Rank resided in Rasnayakapura, Nikaweratiya serving in 4 Battalion Mechanized Infantry Regiment, ceremonially warmed to the beneficiary on 21 August 2022. The house warming ceremony was graced by Major General CD Weerasuriya RWP RSP ndu Colonel of the Regiment Mechanized Infantry Regiment and Deputy Chief of Staff Sri Lanka Army. The financial assistance for the house was extended by 4 Mechanized Infantry Regiment. Commanding Officer, 4 Battalion Mechanized Infantry Regiment, Officers and Other Ranks participated in the house warming ceremony.

Quarter Master General Visited Security Forces Headquarters (Jaffna)



Major General RADP Ranawaka RWP RSP USP Quarter Master General (QMG), and Major General WMRWWHJB Wanigasekara USP Master General Ordnance (MGO), under the guidance of the Commander of the Army undertook a visit to several areas of responsibility of the Security Force Headquarters (Jaffna) on 5 September 2022 in order to address matters, pertaining to administration and quartering of soldiers serving respective branches in the peninsula.

They both visited the Palaly Army Base Hospital at first and inspected the progress of ongoing construction of the Hospital complex, kitchen, and Operation Theatre. Subsequently, they visited 522 Infantry Brigade Headquarters, 15 (V) Battalion of Gajaba Regiment and inspected Other Ranks Accommodation Q stores, ration stores, and cookhouse functions. During the second phase, Quarter Master General and Master General Ordnance visited and inspected 52 Infantry Division Headquarters. A comprehensive conference on Logistics, presided jointly by the visiting Quarter Master General and Master General Ordnance was held at the conference hall, 52 Infantry Division Headquarters with the participation of Commander Forward Maintenance Area (North) all General Officers Commanding, Brigadier (Amin and Quartering), Brigade Commanders, Colonel (Amin and Quartering), and Staff Officers of Security Forces Headquarters (Jaffna).



Security Forces (Jaffna) Gifted a New House for a Deserving Family

A new house erected for Mrs Jayarooban Nandani of Puloly (West) Point Pedro was held under the patronage of WMGCSB Wijayasundara RSP USP ndu Commander Security Forces (Jaffna) on 24 August 2022. The foundation stone was laid by WMGCSB Wijayasundara RSP USP ndu Commander Security Forces (Jaffna) amidst the religious blessings according to Hindu rituals. The financial assistance for the erection was rendered by Mrs. Sheila Emmanuel through the coordination of Major General Ravi Rathnasinghem (Rtd). The manpower and technical expertise were provided by troops of 551 Infantry Brigade under the supervision of Brigadier DCA Wickramasinghe USP USACGSC Brigade Commander, 551 Infantry Brigade. Mr Alwaipille Sri Divisional Secretary of Vadamarachi North, beneficiary of the house, Officers and Other Ranks of Security Forces (Jaffna), associated with the event.

Security Force Headquarters (Jaffna) Successfully Completed English Training Course

An English Proficiency Course initiated by Security Forces Headquarters (Jaffna) with the objective to enhance the proficiency of English language among the troops serving in the Security Forces Headquarters (Jaffna) was successfully concluded on 18 August 2022.

The certificates for the candidates who followed the English Proficiency Course were awarded by WMGCSB Wijayasundara RSP USP ndu Commander Security Forces (Jaffna). The merit of the course was won by Private De Silva APD and second and third places were won by Corporal Jayasinghe MANAB and Private Panagoda PHK. 30 Other Ranks participated in the course and the course was conducted over a period of a month.



7 Sri Lanka Engineers Assisted a School Project at Vinayagar College, Batticaloa

Making one more significant contribution to the school development project, 7 Sri Lanka Engineers commenced construction project at Bt/Man West Pawatkodichchenai Vinayagar College in Batticaloa on 07 September 2022.

The Principal of the School requested the generous assistance from 7 Sri Lanka Engineers to construct their School's playground from Commander, Security Forces (East) and immediately responding to the request, the Commander, Security Forces (East) instructed the troops of 7 Sri Lanka Engineers to provide the required assistance to the school. The financial assistance for this community project was given by donors of the area. Major General GRRP Jayawardena RWP RSP ndu together with Ms Ahila Canagasooriyam Zonal Director of Education-Batticaloa, Commander, 231 Infantry Brigade, Mr R Muruges Pillai, Divisional Director of Education, the Principal of Bt/Man West Pawatkodichchenai Vinayagar College in Batticaloa and Mr S Pushpaharan and parents and children attended the occasion.

Dry Rations Distributed among Deserving Families at Ampara

A mega relief project with the intention to support the deserving families in the Ampara District was held under the patronage of Venerable Agulugamuwe Ariyananda Thero, Incumbent at Na-Uyana Aranya Senasana, and the committee members of Na-Uyana Buddhist Laymen's Association on 20 August 2022. Dry rations and stationeries among 2000 low-income families in Ampara area were distributed with the assistance of 24 Infantry Division troops of the Security Force Headquarters (East).

The noble charity event was taken place at Deegawapiya Temple premises with the generous assistance of 241 Infantry Brigade and 242 Infantry Brigade following the instructions of Major General SB Amunugama RWP RSP ndu the General Officer Commanding, 24 Infantry Division. Major General GRRP Jayawardana RWP RSP ndu Commander Security Forces (East) graced as the Chief Guest of the event.

In line with the charity event another dry ration distribution was held at the Deegawapiya Sinhala School, Deegawapiya Pariwara Chaiththiya premises and Lahugala District Secretariat Conference Hall targeting the underprivileged Sinhala, Tamil and Muslim families. 200 expecting mothers also benefited from the project. Also, 400 identified school children, selected from the low-income families of Deegawapiya and Neelagiriya areas received stationeries each worth of Rs. 5000.00. Rs 10 million was spent for the generous charity event.



Troops of 682 Infantry Brigade Distributed Free Relief Packs to Civilians in Mullaitivu



A joint humanitarian project of reconciliation and ethnic harmony was held on 12 September 2022 to benefit of civilians in Puthukudyirippu, Mullaitivu with the generosity provided by Buddhist monks in the South.

125 dry ration packets were distributed among the most deserving civilians as relief for economic burdens, with the sponsorship provided by Venerable Dr. Bellanwila Dhammarathana Nayake Thero Adviser, Buddhist Library of Singapore, Chief Incumbent at Bellanwila Raja Maha Vihara and the incumbent, 'Paaramitha' Meditation in Kadugannawa with the coordination of Venerable Gawaragiriye Premarathana Thero, Chief Patron for Colombo Royal College's Buddhist Brotherhood Association. Those packs contained rice, dhal, spices, soap, cereals, milk powder which are essential items for a household. Major General WASS Wanasinghe RSP USP ndu Commander Security Forces (Mullaitivu) graced the event as the Chief Guest together with the Commander, 682 Infantry Brigade under command to 68 Infantry Division.

Commander Security Forces (West) Made a Courtesy Visit to Sri Lanka Army Ordnance Corps



After assuming duties as the 13th Commander of Security Forces (West), Major General DMKDB Pussella RWP RSP made a courtesy visit to the Regimental Headquarters of the Sri Lanka Army Ordnance Corps, located at Dombagoda on 12 September 2022.

At the headquarters premises, Commander, Security Forces (West) was warmly welcomed by Brigadier GA Munasinghe RSP at Centre Commandant and his Staff Officers. Then, Centre Commandant of the Regiment, Sri Lanka Army Ordnance Corps conducted a short briefing for Commander, Security Forces (West). After the briefing, the Commander, Security Forces (West) inspected several key places in the camp and inquired about the welfare of the soldiers. Moreover, during the inspection the Commander gave necessary recommendations to the respective Officers in order to uplift the welfare and standard of the camp. Meanwhile, he also visited the training school of Sri Lanka Army Ordnance Corps located at the same location in Dombagoda, where he unexpectedly observed the classes ongoing and interacted with the students. The General Officer Commanding of 61 Infantry Division, Brigadier General Staff, Brigadier Admin and Quartering of Security Force (West), Commander 612 Infantry Brigade, Senior Officers and several Staff Officers accompanied the visit.

Ration Packs Distributed to Deserving Families in Kegalle District



Aiming to assist 300 deserving families residing in Bulathkohupitiya Undugoda, Hettimulla, Kotiyakumbura, Galigamuwa, Arandara areas in Kegalle district, a dry ration distribution programme was held at the auditorium of the main post office, Kegalle on 31 August 2022 with the sponsorship, provided by Thalagala Sri Siddhartha Foundation (Sri Lanka) and the Tan Ngak Buay & Kee Meng Lang Foundation Limited (Singapore). The donation programme was coordinated through the Security Forces Headquarters (West) under the supervision of Major General DMKDB Pussella RWP RSP Commander of Security Forces (West). Each dry ration parcel was worth of Rs. 1500.00 and the selection of deserving families made with the assistance of Grama Niladhari and District Secretary in collaboration with 611 Infantry Brigade of Security Forces (West). Commander 611 Infantry Brigade, District Secretary and Divisional Secretary, Kegalle, Senior Superintendent of Kegalle Police, various denominational religious leaders, several senior Officers, Officers and Other Ranks associated with this charity event.

Commander, Security Forces (Central) Visited 7 Sri Lanka Signal Corps



Major General MKS Silva RWP RSP ndu Commander, Security Forces (Central) made an inspection visit to the 7 Sri Lanka Signal Corps camp at Diyatalawa on 6 September 2022. Major DHSL Kumarasiri Commanding Officer of 7 Sri Lanka Signal Corps warmly welcomed Commander, Security Forces (Central) following the military formalities offering him a Guard Turnout at the entrance. After inquiring about the requirements, administration matters and welfare of the troops serving at 7 Sri Lanka Signal Corps, Commander, Security Forces (Central) addressed the troops. Several Officers and Other Ranks associated with the event.



General Officer Commanding, 12 Infantry Division Made his Official Visit to Under Command Formations



Major General AHLG Amarapala RWP RSP ndc psc General Officer Commanding, 12 Infantry Division, along with Commander 122 Infantry Brigade made a field visit to 3 Sri Lanka National Guard and 23 Battalion of Gajaba Regiment on 6 and 7 September 2022. During the troop address, General Officer Commanding, 12 Infantry Division, briefed the responsibilities, roles and tasks of respective battalions and appreciated the duties of troops carried out during recent unrest situations. Further, he highlighted the importance of the army contribution for the national security and actions to prevent traffic accidents. Also, he expressed the importance of raising awareness about illegal activities while maintaining a high level of discipline among Officers and Other Ranks.

Foundation Stone Laid for New Buddhist Shrine at Security Force Headquarters (Central)



Following the instructions of Commander, Security Force Headquarters (Central) foundation stone was laid for the new Buddhist shrine to be erected at Security Force Headquarters (Central) premises. Accordingly, the foundation stone was laid following the auspicious time on 5 September 2022 by Major General MKS Silva RWP RSP Commander, Security Force Headquarters (Central) amid the religious chanting together with officers and Other Ranks.

Troops of 211 Infantry Brigade Assisted Livelihoods of Low-income Families



Dry rations were distributed targeting the underprivileged families resided at Yakaweva, Medawachchiya area on 30 July 2022 with the participation of Commander, 211 Infantry Brigade. The generous contribution for the charity event was extended by Mr Chaminda Rajapaksa, owner of Colombo Central Electricals. The charity event was organised by Civil Coordination Section of 2(V) Vijayabahu Infantry Regiment under command to 211 Infantry Brigade.

Brave Army Woman Rescued a Life of Kilinochchi Resident



A wild bee-hunter was brutally attacked unexpectedly by a wild bear in a shrubby forest area in Kilinochchi and a lady Corporal serving at 4 Sri Lanka Women's Corps immediately provided first aid to the victim and assisted to hospitalise the victim. The victim was transferred to the General Hospital, Kilinochchi for further treatments and the immediate action of the lady Corporal serving at 4 Sri Lanka Women's Corps helped to save the life of the innocent.

Troops of 14 Infantry Division Conducted another Charity Programme

Troops of 144 Infantry Brigade and 2 (V) Battalion of Sri Lanka Light Infantry under command to 14 Infantry Division of Security Forces (West) organised another humanitarian event of providing king coconut water (Thambili) for the cancer patients who are under treatment at Apeksha Hospital on 22 August 2022.

The programme was successfully conducted, under the patronage of Brigadier JMRNK Jayamanna RWP General Officer Commanding, 14 Infantry Division, and necessary arrangements for the programme



have been coordinated by the troops of 144 Infantry Brigade and 2 (V) Battalion of Sri Lanka Light Infantry under the guidance of Brigadier KMV Kodituwakku Commander 144 Infantry Brigade. Thereby, 2000 king coconuts have been donated with the contribution of donors in the area. Commander 144 Infantry Brigade, troops of 144 Infantry Brigade and 2 (V) Battalion of Sri Lanka Light Infantry and Director with Administrative Authorities of the Apeksha Hospital participated in this task.

A New House Erected for Deserving Family in Medawacchiya



With the intervention of troops of 2 (V) Vijayabahu Infantry Regiment, a new house was erected for Mrs. Nisansala resided at Kadawath Rambawa, Ataweeragollawa, Medawachchiya. The generous charity event was funded by Mrs Oshadi Herath. Brigadier Chaminda Wijayarathna Commander, 211 Infantry Brigade graced the event as the Chief Guest and laid the cornerstone, together with senior Officers, donors and invitees on 08 September 2022 following the auspicious time. The charity programme was implemented under the supervision of 211 Infantry Brigade Headquarters.

Lunch Provided to the Pre-School Kids by 681 Infantry Brigade



Books were distributed among the preschool kids of Sugandhipuram pre-school, located at Sugandhipuram Grama Niladhari Division in the Area of Responsibility to 9 Sri Lanka National Guard under command to 681 Infantry Brigade on 5 September 2022. In line with the same event lunch was also provided for all kids.

A Dhamma Sermon Organised at Bodhirajaramaya Army Temple- Panagoda



In line with the 73rd Army Anniversary day, a Dhamma Sermon was held at Bodhirajaramaya Army Temple- Panagoda on 8 September 2022 under the directions of Major General DMKDB Pussella RWP RSP Commander Security Forces (West) and the Chairman of the Army Buddhist Association. Officers and Other Ranks serving in the Security Force Headquarters (West) participated in the religious event.

Junior Instructor and Method of Instructions Courses Successfully Concluded at Combat Training School- Ampara



Junior Instructor Course No. 44 and Method of Instructions Course No. 58 conducted at Combat Training School, Ampara successfully concluded on 29 August 2022. The courses were initiated with the aim to improve the instructing skills of Other Ranks to lead the troops under command to them while enhancing their knowledge of Sri Lanka Army Acts and Standing Orders. 103 male and female Other Ranks in the ranks of Lance Corporal and Corporals participated in the course. 248 students participated in Method of Instructions Course No. 58. The closing address of the courses was conducted by Colonel AKCA Silva RSP Commanding Officer, Combat Training School, Ampara. Lance Corporal Somarathne TARWMMB -2 Sri Lanka Army Women's Corps earned the merit of Junior Instructor Course No. 44. Private Peris PSR- 1 Sri Lanka Army Women's Corps earned the merit of Method of Instructions Course No. 58.

3 Sri Lanka National Guard Renovated Lake Dam of Karawile Lake



Troops of 122 Infantry Brigade under command to 12 Infantry Division of the Security Force Headquarters (Central) completed the renovation of the Karawile Lake dam in Sella Kataragama at the request of the villagers and officials of the Irrigation Department and formally vested to the authorities on 29 August 2022.

Major General AHLG Amarapala RWP RSP ndc psc General Officer Commanding, 12 Infantry Division, and the Irrigation Engineer of the Irrigation Department closely supervised the renovations. Commander, 122 Infantry Brigade, Commanding Officer, 3 Sri Lanka National Guard and villagers attended the re-opening of the renovated dam patch.

Workshops Educated University Undergraduates on Vehicle Maintenance



The 61 Infantry Division Headquarters in Boossa at the request of the University of Ruhuna conducted a workshop for undergraduates on "Vehicle maintenance and its essential operations" on 6 September 2022 at the 61 Infantry Division Headquarters in Boossa. The one-day workshop, attended by undergraduates of Medical Faculty, Karapitiya was organised under the guidance of the General Officer Commanding, 61 Infantry Division. The Officer Commanding of Field Workshop-Boossa and his technical staff conducted both theoretical and practical sessions for the undergraduates. The group consisted of 22 medical students and during the workshop, they had an interactive session with the resource personnel.

Dry Ration Distribution for a Deserving family at Thoravil



Extending the generosity, the troops of 6 Gemunu Watch under command to 681 Infantry Brigade, distributed a dry rations parcel to a deserving family residing at Thoravil on 31 September 2022. The dry rations included rice, lentils, sugar, spices cereals and milk powder. The charity work was conducted under the guidance of Commanding Officer, 6 Gemunu Watch.



Troops of Island wide Formations Donated their Blood



A group of 100 troops of 122 Infantry Brigade of 12 Infantry Division under command to Security Forces (Central) in response to a request of hospital authorities donated their blood for the benefit of the Hambantota District Hospital through its Blood Bank on 9 September 2022.

This programme was organised under the direction of the Commander Security Forces Headquarters (Central) by Major General AHLG Amarapala RWP RSP ndc psc General Officer Commanding of the 12 Infantry Division. Commander, 122 Infantry Brigade and Colombo Royal College Red Cross Society assisted to the task.

A Blood Donation Campaign was organised by the troops of the 513 Infantry Brigade, under command to the 51 Infantry Division Kopai as per the guidance and supervision of Colonel MR Razick RSP Commander, 513 Infantry Brigade on 20 August 2022. It was conducted with the assistance of Dr. R M Guru and the Thelippalei Blood Bank at Thelippalei. Army troops serving in the 513 Infantry Brigade, 11 Sri Lanka Light Infantry (SLLI), 16 (V) Gamunu Watch and Civilians in General Area offered more than 84 pints of blood during the campaign to make the community project a success.



Responding to a request made by the Red Cross Society of Royal College – Colombo, a considerable gathering of troops serving in Security Forces (West) Area of Responsibility voluntarily donated blood to the Central Blood Bank at Narahenpita on 26 August 2022. According to the instructions given by the Commander Security Forces (West), around 270 Army personnel from 14 Infantry Division and Regimental Centres established under command to Security Forces (West) donated blood for this charitable event with great enthusiasm.

Following the instructions of Commander, 54 Infantry Division and supervision of Commander, 543 Infantry Brigade a blood donation campaign was organised at District Hospital, Thalymannar on 3 September 2022. Officers, Other Ranks and Civil Staff of 4 Vijayabahu Infantry Regiment and 11 Sri Lanka Light Infantry donated blood for this charitable event.



On account of the birth day of Venerable Homagama Seelawansa Thero, annual blood donation campaign was held at Homagama, Temple Premises, Pitipana on 11 September 2022. Troops serving at Security Forces Headquarters (West) participated in the blood donation event.

Lecture on “Mullaitivu Battle” and War Literature at 59 Infantry Division



A thought provoking lecture on “Mullaitivu Battle” and War Literature was held with the participation of Officers and Other Ranks serving at 59 Infantry Division and under command formations on 9 September 2022. The lecture was implemented following the conceptual layout of Major General GD Sooriyabandara USP General Officer Commanding with the intention of making the troops aware of the untold gallantries of War Heroes. The lecture was conducted by Lieutenant Colonel EAA Sujith Chaminda the Editor of Ranaviruwa Magazine.

The enthusiastic lecture was attended by Major General WASS Wanasinghe RSP USP ndu Commander, Security Forces (Mullaitivu), Brigade Commanders, Staff Officers, Commanding Officers, Officers and Other Ranks serving under the 59 Infantry Division.



War Literature Lecture Conducted at Regimental Centre, Sri Lanka Army Medical Corps -Buwelikada

A lecture on war Literature was held at Signal School, Buwelikada and Regimental Centre, Sri Lanka Army Medical Corps on 23 and 28 September 2022. Lieutenant Colonel EAA Sujith Chaminda the Editor of Ranaviruwa Magazine and a prominent writer on Sri Lankan war literature conducted the lectures. Officers and Other Ranks serving at Signal School, Buwelikada and Regimental Centre, Sri Lanka Army Medical Corps participated in the event.



The Lecture conducted at Signal School, Buwelikada



*The Lecture conducted at Regimental Centre,
Sri Lanka Army Medical Corps*

65 Infantry Division Released Record Stock of Fingerlings for Income Generation

The 65 Infantry Division Headquarters in Alankulam with a view to supporting the fishing community generating extra income, took steps to release a record stock of 285,000 freshwater fingerlings into Vavunikulam, Thenniyankulam, and Therankandal tanks on 29 and 30 August 2022 with the patronage of the National Aquatic and Development Authority in Killinochchi and the Inland Fisheries Unit in the Northern Provincial Council. The fingerlings were supplied with the intervention of relevant authorities in the area and 65 Infantry Division. The programme was implemented by troops of 10 and 17 Sri Lanka Light Infantry with the coordination of Civil Affairs office of 65 Infantry Division Headquarters.

The General Officer Commanding, 65 Infantry Division Headquarters, Divisional Secretary of Thunnukkai, Director of the Inland Fisheries Unit, Northern Provincial Council, Director of



Northern Province's Ceylon National Aquaculture Development Authority, Assistant Divisional Secretary of Manthai East, Regional Irrigation Engineer, Mallavi and several state officials participated in the inaugural project.

A Programme in line with World Children's Day at 11 Infantry Division



Following the instructions of Major General PSK Sanjeewa RWP RSP USP General Officer Commanding, 11 Infantry Division a programme in line with World Children's Day was held at Viru Kekulu Pre- School at Pallekele. 158 children participated in the programme and Mrs Asha Athavuda graced the event as Chief Guest.

Army Training School at Maduru Oya Reaped its First Paddy Harvest



The Army Training School (ATS) at Maduru Oya collected its first harvest at the school premises with the participation of General S Kasthurimudali RSP ndc psc Commandant, Army Training School on 17 September 2022. The event was initiated several months ago to be in line with the 'Thuru Mithuru - Nawa Ratak' and accordingly a marshy land patch of about 2 acres inside the ATS compound was cultivated to promote the organic cultivation project of the Army.

Annual General Meeting 2022 of Archers Ex-Servicemen Association



The 13th Annual General Meeting of Ex-Servicemen Association of the Vijayabahu Infantry Regiment was held at the Salute Multifunctional Hall on 17 September 2022. Major General SUMN Manage WWV RWP RSP psc Director General, General Staff of Sri Lanka Army Headquarters and Colonel of the Regiment of Vijayabahu Infantry Regiment graced the event as the Chief Guest. Major General DMDCD Gunawardana (Rtd) RWP USP ndc psc was appointed as the new President of the Association. The members appreciated the good work and the commitment of the committee and expressed their views on future programmes. Along with the Centre Commandant, Officers, 488 retired Senior Officers and Other Ranks participated in the event.

Security Force Headquarters (West) Offered Lecture Assistance on 'Leadership'



In response to a request made by the chief incumbent at Wadduwa, Daladawatta Purana Maha Viharaya, the Security Force Headquarters (West) contributed their assistance to conduct a workshop on 'Leadership' for school students on 12 September 2022 at the temple premises.

The workshop was conducted by Lieutenant Colonel KANK Kodithuwakku psc Commanding Officer of 12 Field Engineer Regiment. Around 30 students and teachers from Wadduwa Central College, Wadduwa Girls' School, Wadduwa St. Mary's College, Weragama Junior College, and Pinwatta Junior College attended the workshop. During this workshop, students were educated on how to behave in society as well-mannered students, the way to become a respectable person in society, the importance of mutual respect and the value of teamwork, etc.

Water Facility Installed at Periyavalayankandu



In order to provide livelihood support for the people living in Periyavalayankandu area, Vavuniya, troops of 15 (V) Sri Lanka Sinha Regiment (SLSR) installed a water purification plant at the camp entrance for the benefit of poor people, affected due to shortage of water on 8 September 2022.

Mr RM Pathiraja of Kurunagala sponsored the requirement at the request of Major RMJB Rajapaksha Commanding Officer, 15 (V) Sri Lanka Sinha Regiment. Major General HGPM Kariyawasam RSP psc IG General Officer Commanding, 56 Infantry Division graced the inauguration of the project as the Chief Guest. Senior Officers, Officers, troops of 15 (V) Sri Lanka Sinha Regiment and villagers took part in the event.



Army Seva Vanitha Unit Marked Children's Day Awarding Gift Parcels to Pre-School Kids

To be in line with the Children's Day (1st October), gift parcels were distributed to the kids at Army Seva Vanitha Unit (ASVU)-managed 'Viru Kekulu' pre-schools during a ceremony, held at Manning Town pre-school premises on 30 September 2022. Mrs Janaki Liyanage Chairperson, Army Seva Vanitha Unit together with Mrs Shiromala Kodithuwakku Vice President, and Senior Members and Mrs Deepika Prashanthi Chandrasena joined the event.

During the programme, each and every student of the Viru Kekulu Pre-School, gifted a savings book from the Peoples Bank with a deposit of Rs 250.00. Afterwards, each child was gifted parcels of school books, packets of chocolates, and refreshments.

Moreover, a consignment of milk powder was also delivered to the teachers in charge of the pre-school at the same occasion. Representatives of the People's Bank including Mrs Ishani Weerasinghe, Manager of People's Bank and Mr Madhawa Kanthaka Regional Manager and Officers, Other Ranks participated in the event.

SKTCM Gifted a Consignment to Army Seva Vanitha Unit in line with the World Children's Day

A consignment of Rs 1.7 m worth stock of chocolates and branded milk powder packets for distribution among kids and children in the Army Seva Vanitha Unit (ASVU)-managed pre-schools and other educational institutes in line with the International Children's Day was handed over to Mrs Janaki Liyanage President, Army Seva Vanitha Unit on 28 September 2022 by sponsoring representatives of the SKTCM Distributors Pvt Ltd.

Mr S K T Munasinghe proprietor of SKTCM Distributors Pvt Ltd, through the coordination of Colonel Nalindra Mahawithana Colonel Coordination of the Army Seva Vanitha Unit gifted those confectioneries and milk powder packets.

The sponsor, Mr S K T Munasinghe, Manager of the SKTCM



Pvt Ltd, Mr Sampath Perera and some of the Army Seva Vanitha Unit Senior Members were present at the time of the handover of those incentives.

President, Army Seva Vanitha Unit Visited Senehasa Education Resource and Research Information Center (SERRIC)



Mrs Janaki Liyanage President, Army Seva Vanitha Unit (ASVU) together with Mrs Shiromala Kodithuwakku Vice President, Army Seva Vanitha Unit paid a visit to Senehasa Education Resource and Research Information Center in Manning Town (SERRIC) on 07 September 2022. Mrs. Soniya Kottagegoda Chief Supervising Officer of the SERRIC and Brigadier Raja Gunasekara Commandant, Senehasa Education Resource and Research Information Center briefed the roles and future projects of the SERRIC to the President, Army Seva Vanitha Unit. Also, President, Army Seva Vanitha Unit cordially interacted with the children at 'Senehasa Education Resource and Research Information Center and witnessed the handicrafts made by those children with special needs during the visit. Further, President, Army Seva Vanitha Unit visited the recently-opened Seva Vanitha Budget Center and inquired its progress and functional aspects.

New Tailor Shop Installed at 6 Sri Lanka Armoured Corps Compound



Coinciding with 15th Anniversary, 6 Sri Lanka Armoured Corps (RFT) declared open its newly-constructed tailor shop Branch on 02 September 2022 with the participation of Commanding Officer and Other Ranks. The financial assistance for the construction was extended by Sri Lanka Armoured Corps Seva Vanitha Branch.

A Generous Gift from Sri Lanka Artillery Seva Vanitha Branch



Following the request made by Mr Sarath Kumara, a cancer patient serving at Regimental Headquarters, Sri Lanka Artillery, Sri Lanka Artillery Seva Vanitha Branch made a generous donation worth of Rs 50,000.00 to him. Major General WASS Wanasinghe RSP USP ndu Colonel Commandant, Sri Lanka Artillery extended the generosity for the charity work.

Mrs Chama Wanasinghe President, Sri Lanka Artillery Seva Vanitha Branch donated the cash incentives to the beneficiary together with members of Sri Lanka Artillery Seva Vanitha Branch.

Sri Lanka Engineers Seva Vanitha Branch Gifted a Wheel Chair to a Differently-abled Child



Following the conceptual layout of Colonel Commandant of Sri Lanka Engineers, dry rations were distributed among the 15 temples located in Matuagama - Welipenna areas and donated a wheel chair to a deserving family with a differently-abled child in Pitigala at Senevirathnarama Temple, Welipenna on 5 September 2022. Major General Mahinda Jayawardhana RSP USP ndu Chief Field Engineer of Engineer Brigade organised the event and the generous assistance for the gifts was offered by Sri Lanka Engineers Seva Vanitha Branch. Members of Sri Lanka Engineers Seva Vanitha Branch and beneficiaries attended the event.

A Donation from Sri Lanka Signal Corps Seva Vanitha Branch



With the intent to raise the funds to the book distribution programme for Other Ranks and civil staff serving at Sri Lanka Signal Corps, a vegetable fair was held on 26 August 2022 at Regimental Headquarters of Sri Lanka Signal Corps. The event was held to raise the funds for the International Children's Day following the conceptual layout of President, Sri Lanka Signal Corps Seva Vanitha Branch.

Sri Lanka Sinha Regiment Seva Vanitha Branch Awarded Scholarships to Students under 'Ranaviru Abhinandana Pooja - 2022'

Sri Lanka Sinha Regiment Seva Vanitha Branch organised scholarship awarding programme under 'Ranaviru Abhinandana Pooja - 2022' on 03 September 2022 under the patronage of Mrs Inoka Karunaratne Ex-Chairperson of Sri Lanka Sinha Regiment Seva Vanitha Branch. Major General GRRP Jayawardene RWP RSP ndu Commander, Security Force Headquarters (East) and Colonel Commandant of Sri Lanka Sinha Regiment, Mrs Omila Jayawardene present Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch graced the event.

Under the programme, 26 scholarships (each month Rs 2750.00), 26 dictionaries, 34 packs of school accessories and two special scholarships (each month Rs 3000.00) were awarded to the students. In line with the same event seven separate scholarships, each worth Rs. 20,000.00 were also awarded to seven students of Sri Lanka Sinha Regiment families who received admission to universities after they passed the GCE (A/L)



Examination in the year 2020. The financial generosity for the 'Ranaviru Abhinandana Pooja - 2022' was extended by Mr Prasad Lokubalasooriya.

Major General WADW Nanayakkara RSP USP ndu Military Liaison Officer at Ministry of Defence, Centre Commandant, Sri Lanka Sinha Regiment Officer, and members of Sri Lanka Sinha Regiment Seva Vanitha Branch took part in the awarding ceremony.

Gemunu Watch Seva Vanitha Branch Gifted Parcels to 'Abhimansala' War Heroes

The Gemunu Watch Seva Vanitha Unit together with a few musicians entertained permanently-injured War Heroes residing at 'Abhimansala 2' in Kamburupitiya wellness resort on 13 August 2022 gifting them a gift parcel of essential items, prepared by Gemunu Watch Seva Vanitha Branch. In line with the same event Mrs K H Nirosha Nishanthi – a successful business woman donated wooden palates for the ward complex of 'Abhimansala 2'. The programme was organised by Mr Ruchini Lamahewa Chairperson, Gemunu Watch Seva Vanitha Branch. Colonel WGH Rajakaruna RSP USP Commandant 'Abhimansala 2' Officers and Other Ranks participated in the event.



Annual General Meeting of the Military Intelligence Corps Seva Vanitha Branch Held at Panagoda

The Annual General Meeting of the Military Intelligence Corps Seva Vanitha Branch was held at the Sri Lanka Artillery Officers' Mess at Panagoda on 27 August 2022. During the Annual General Meeting new office-bearers were appointed. Moreover, all ladies discussed their future plans for the upcoming events according to the event calendar. Mrs Manori Sallay Chairperson of the Seva Vanitha Branch of Military Intelligence Corps and Mrs Rajitha Jayasuriya Vice Chairperson attended together with members.



Corps of Sri Lanka Electrical & Mechanical Engineers Seva Vanitha Branch Distributed Vouchers among Students

Corps of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch distributed 50 vouchers among the children of the members serving at the 3 Sri Lanka Electrical and Mechanical Engineers Headquarters, Minneriya on 27 August 2022. The event was launched under the patronage of Mrs Nandani Samarakoon Chairperson, Corps of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch.

Major General Indu Samarakoon Hdmc Colonel Commandant, Corps of Sri Lanka Electrical and Mechanical Engineers and Commander Army Logistics Command, and members of Corps of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch attended the event.



Major General Indu Samarakoon Hdmc Colonel Commandant, Corps of Sri Lanka Electrical and Mechanical Engineers and Commander Army Logistics Command, and members of Corps of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch attended the event.



**S/410053 Corporal Pushpakumara
VMN PWV**

7 Sri Lanka Gemunu Watch

**“I will not
let fall
Armory
into enemy
hands”**

Mr Lesli Ranasinghe and his beloved wife Agans Palansooriya resided at Atakalapanna, Madampe blessed with their first child on 14 January 1977. The family gradually expanded to four kids. However, Pushpakumara was one of the brave children in their family since his young days. He was admitted to Vijaya Vidyalaya, Madampe on 21 January 1982- a famous school which produced a number of artists to the country. Mrs Padama Piyasili was young Pushpakumara's first teacher. The young teacher realised the hidden artistic talents in drawing at various events held at the school and advised the child to participate in art competitions. Bringing fame to the school where he was in, young Pushpakumara

won many of these Art Competitions. In the meantime, he became a popular member of the school football team. Meanwhile, he completed his GCE (O/L) Examination from Vijaya Vidyalaya, Madampe.

Soon after completing the GCE (O/L) Examination he was involved in social service and renowned as a revolutionary character among the villages. He obtained his School Leaving Certificate in 1995 with the intention to join the Sri Lanka Army. It was the time that the young blood as him was earnestly wanted to the Sri Lanka Army. Making his aspirations a reality, this brave social worker of Madampe joined the Sri Lanka Army on 18 December

1995 leaving the laments and appeals of his teachers and parents. Pushpakumara confronted them saying "Whoever powerful has to go when the death is summoned", His well-built attire was best suited to his new role as the "Defender of the Nation". Skills he gained from sports, social works and his persistence had always guided him to the correct path. Reminding the military training Corporal Pushpakumara has said to Venerable Ammaduwe Wimala Thero, principal of Vijaya School that it was not a big deal for him revealing his heroic notions.

According to his sister, Mrs. Niluka Rathanaya and brother Mr Duminda Malsiri, their brother never had a dream to lead an ordinary life but had always been driven with persistence to join the military for the benefit of the country. He had not considered marriage, as an important matter of life development rather saving the nation from brutal terrorism.

Young Pushpakumara joined Sri Lanka Army in 1995 making his dream a reality and completed his preliminary military training from the Training School of Gemnu Watch, Diyatalawa under the Recruit Course No. 19. He was an obedient trainee according to the instructors and successfully completed his training on 02 March 1996. Soon after the completion of the military training, he was absorbed into the 5 Gemunu Watch which was established under the victorious slogan "Tarry not Forward".

During the service, he was identified as a vigilant soldier who has a sense of threat upcoming. He was deployed in Mannar, Vavuniya during his service and in the meantime, he was promoted to the Rank of Lance Corporal due to his enormous skills of battle. At the time, Lance Corporal had earned the respective medals of Purna Bhumi Medal, North Humanitarian Operation Medal, East Humanitarian Operation Medal.

It was the time when the brutal Liberation Tigers of Tamil Eelam (LTTE) launched their brutal attacks targeting legitimate government forces. 7 Gemunu Watch was well experienced with the battle experience at the time therefore, Lance Corporal had no fear to advance with his comrades to accomplish the task. Also, this warrior bravely fought against the terrorists in January 2009 and successfully was able to destroy the enemy during every battle he engaged due to his enormous versatile tactics of war.

It was the second week of January 2009. Young Pushpakumara was at his blooming age reaching to 32. He was given a leave from the station for about a week. As a well-known youth of the village, he had to assist to arrange his friend's funeral during his leave. However, nobody thought it was his last leave. With the termination of the leave, he returned to the camp and joined the next Operation to Rescue Pudukudiripu - a stronghold of the LTTE. At the time, Lance Corporal had realised that mother Lanka was begging his assistance to get rid of the brutal terrorists.

The troops of 7 Gemunu Watch initiated their journey to rescue the Pudukudiripu together with the other battalions on a decisive day (31 January 2009). The troops of 7 Gemunu Watch was ready to acquire the A-9 road under their control on the following day (01 February 2009).

Lance Corporal Pushpakumara was in charge of the Delta team and was ready to contribute to the battle to be held the next day. The brutal terrorist launched their attack in the early hours on 01 February 2009 around 5 a.m unexpectedly. In this attack,

LTTE had targeted the area where 7 Gemunu Watch was deployed. Although the attacks of either sides escalated, the heroic warriors of the 7 Gemunu Watch held their area protective, affirming their motto highlights "Tarry no forward".

After the government troops had taken Mullaitivu under control, the LTTE terrorist began another battle targeting the heroic warriors of 7 Gemunu Watch from the lagoon side. Knowing the depth of the threat Commanding Officer of 7 Gemunu Watch led the troops in the right direction to minimise the damage using converting the ground to their advantage. Lance Corporal was in charge of the Radio Communication Set between Nandikadal and Pudukudirippu. It was really difficult to call the reserve troops with the standstill of the communication between the two sides where the troops were deployed.

Seeing the threat coming forward, Lance Corporal Pushpakumara ensured his friend that he shall never let the Armory fall into enemy hands.

The battle lasted nearly 7 hours and all the bullets of the armory got over signing the fearsome side of the battle. However, the troops managed with the remaining number of bullets to cover themselves rather than fighting. Around 70 soldiers were wounded from the battle at the time, hinting the upcoming disadvantage to the government troops. As the in charge of Delta Group, Lance Corporal Pushpakumara came across a decisive moment to protect the lives of his comrades. Remembering the responsibility on his shoulder, Lance Corporal took a strong decision that nobody ever thought of! He fixed the clemo into his body and

jumped before the enemies who were coming towards them to acquire the Armory of Delta group voluntarily. The forwarding threat was forever disappeared with this act of bravery.

Appreciating his bravery, the War Hero was immediately promoted to the Rank of Corporal from the Rank of Lance Corporal. After weeks of sacrifices, the heroic troops were able to rescue the area from terrorists, making the dream of millions of civilians a reality.

On 4 February 2012, His Excellency the President Mahinda Rajapaksa Commander-in-Chief of the Armed Forces posthumously awarded the Parama Veera Vibhushanaya to Corporal

Pushpakumara for his individual acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy at Pudukudirippu to save the sovereignty and territorial integrity of the Nation. In the meantime his mother Mrs Agnas Palansooriya was also awarded the Award of Uththama Matha for gifting such a son of bravery to the nation.

Throughout his military career, War Hero Corporal Pushpakumara lived up to the motto of his regiment "Tarry not Forward". He sacrificed his life for the sake of Sri Lanka's sovereignty and

" My eldest son died in the battle as a Hero. No matter what! he is my Hero forever. When thinking of his act of bravery my pain fades away"

Beloved Mother of Corporal Pushpakumara PWV



territorial integrity. Exemplifying the authentic values and ethos he earned from school and career he rose as an unforgettable character of the history of Sri Lanka.

"Greater love hath no man than this, that a man lay down his life for his friends."

Heroes may fall but their gallantries shall never fall.

Extracted From
"Uththamachara" Published
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Headquarters

6 Gemunu Watch Gifted Essentials for Students



Troops of 6 Gemunu Watch of 681 Infantry Brigade under command to 68 Infantry Division of the Security Force Headquarters (Mullaitivu) took an initiative to gift the required infrastructures (Desks) to the students studying at the schools in the Wallipunam area. The event was held at Sencholeyi Play Ground at Wallipuram on 11 September 2022.



Troops of 144 Infantry Brigade Prevented a Massive Disaster of Flood

The troops 2 (V) Sri Lanka Light Infantry Regiment under command to 144 Infantry Brigade quickly responded to prevent the riverbank leak by installing sandbags along the banks of the Kelani river in the general area of Bomiriya village in Kaduwela preventing a major flood catastrophe during 5-6 September 2022.



Troops of 8 Sri Lanka Light Infantry Helped Flood-affected Students in Malwana

Troops of the 8 Sri Lanka Light Infantry under command to the 141 Infantry Brigade of the 14 Infantry Division under the Security Force Headquarters (West) during 5-6 September 2022 came forward to assist flood-affected students in the Malwana area to attend their schools as many of them remained stranded being unable to move out in the gushing waters due to the overflowed river banks of the Kelani river with the torrential rains. The Commanding Officer, 8 Sri Lanka Light Infantry under the supervision of the Commander, 141 Infantry Brigade carried out those relief operations using Army boats, buses, and manpower.



7 Gemunu Watch Troops Assisted Flood-Affected Civilians

Troops of the Security Force Headquarters (West) promptly acted to provide more than 100 cooked meal packs to the civilians, affected due to floods in No 259 Grama Niladari Division, Mattakkuliya on 6 September 2022. Troops of 7 Gemunu Watch initiated the project under the supervision of General Officer Commanding, 14 Infantry Division. Further, they assisted to save the flood-affected families in the area, irrespective of torrential rains.



Sri Lanka Army Produced First Ever Women Deminers

Demining or mine clearance process removes mines, land mines, and explosive devices from an area. In war, these land mines of anti-personnel and anti-vehicle were used to destroy or hinder the enemy moments to have competitive advantages by the parties involved. However, in today's scenario, the strategies of the war also changed due to the international laws introduced such as Geneva Convention and International Humanitarian Law, de-mining has a significant role in the war.

In the Sri Lankan context, where a 30 years prolonged war prevailed until 2009, land mines were frequent in the soldier's dictionary however, clearing the land mines was a new



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

scope until recently. It costs life, property and the future of many wounded or disabled. However, the situation changed with the end of the war. The Humanitarian Demining was introduced by the Sri Lanka Army as a result of continuous effort of the relevant authorities.

In the Sri Lankan context, Sri Lanka Army

played a vital role in humanitarian demining to enhance the resettlement process. In this process of humanitarian demining, Army Engineers as experts in the field utilised their efforts, skills and technology as pioneers of demining. Identifying the significance of this demining role, Sri Lanka Army initiated to train women soldiers for the task of demining for 1st time.

Office of Chief Field Engineer, Corps of Sri Lanka Engineers took the weight to train the women soldiers for demining with the direction of the Lieutenant General H L V M Liyanage RWP RSP Commander of the Army ndu in line with the Army's 'Way Forward Strategy 2020-2025'.

Two women batches total of 03 lady Officers and 51 Other Ranks were enrolled for the first team of de miners training. Defining the motto

of the Sri Lanka Army Women's Corps, -"the powerful mind is the strongest weapon," these brave soldiers went on highly mental and physically competitive demining training programme for three months.

The 1st course of Sri Lanka Army Women Deminers training was conducted in Engineers Brigade Boo Oya, Vavuniya, and the second in 10 Field Engineers located Mailaddy, Jaffna. Their day started before the 1st light, and training included physical training, lectures, practical sessions etc. with mine handling technologies in universal standards. Well-phased programmes were conducted by Army combat Engineer experts and converted these soft hands, skillful and robust characters, to hold life with a decision to operate mines. These graduated young army women can now handle humanitarian demining anywhere in the world.





The Gemunu Watch (HIGHLANDERS) "TARRY NOT FORWARD"

The Gemunu Watch is one of the prestigious Infantry Regiments of the Sri Lanka Army and carries more than 35 years of legacy and has been awarded Regimental colours and presidential colours. Late Brigadier John F. Halangoda was the founding father of this illustrious regiment. This Regiment was first established in the name of the "Gemunu Watch" in the Diyatalawa Rangala camp in 1962. Brigadier John F. Halangoda brandished the name of King Dutugemunu to name this battalion and he was inspired by the traditions of the Royal Brigade "Black Watch" when establishing this new battalion. The first battalion of the Gemunu Watch was inaugurated in the Diyatalawa area and therefore it was named 'Highlanders'.

The prominent name of 'Gemunu', received to this regiment from one of the greatest warrior kings, King Dutugemunu who ruled Sri Lanka in the past. King Dutugemunu, on the way to fight against King Elara had been blessed by God Kataragama and since the peacock is the vehicle of the god



By
Lieutenant M Katugampola
SLAGSC
Directorate of Media
Army Headquarters

Kataragama, the emblem of the Peacock with open feathers has been taken as for the logo of the Gemunu Watch which represents supremacy, majesty, and virtue of the prestige of the infantry. To add splendour, dignity and honour, ten spears have been included in the Gemunu flag to depict the superhuman feats of the ten great warriors of the King Dutugemunu.

Subsequently, the 1st battalion of the Gemunu Watch was raised at the former British Navy camp at Diyatalawa on 7 December 1962. The Gemunu Watch, which carries the motto of "Tarry not Forward" received the regimental colours and the presidential colours by the first executive President of the Democratic Socialist Republic of Sri Lanka, His Excellency Mr J R Jayawardena in the year 1980. In 1989, with the new concepts of restructuring formations of the Army and for the convenient administration, brigades and divisions were constituted. Presently, the Regimental Centre of the Gemunu Watch has been located at Paradise camp - Kuruwita in Ratnapura district. The Gemunu Watch now comprises 13 Regular units and 6 Volunteer units.

Operation Vadamarachchi, the first major operation of the Sri Lanka Army was commenced in the year 1986 to free the Jaffna peninsula from the terrorists and it was one of the special operations involved with Gemunu Watch. The Gemunu troops have made an eternal record in history by contributing to the operations; Sathbala, Balawegaya, Thrividha Balaya, Akunu Pahara, Riviesa, Edibalaya, Jayasikuru, Ranagosa, Agnikila, Kinihira, and

many more. Also, at the beginning of the second Eelam war, the troops of the Gemunu Watch made an eternal record in history by fighting to secure the 'Kiran camp' from the terrorists starving for several days.

During the humanitarian operation, all the regular battalions of the Gemunu Watch supported the fighting brigades and all the volunteer battalions supported at their best to hold the liberated lands. However, 138 officers and 3031 Other Ranks of the Gemunu Watch sacrificed their lives for the motherland. Not only the highlanders contributed to the battlefield but also excelled in the sports arena nationally and internationally.

The Gemunu Watch which has shown a proud

history both in the battlefield and sports field have exhibited unmatched prowess in combat, national sports events, combat firing and parade ceremonials.

This prestigious and excellent Infantry Regiment has produced two Commanders of the Army, four Chiefs of Staff, two Deputy Chiefs of Staff and thirteen Major Generals up to date. It is stated here with great pride that the Gemunu Watch silently but majestically marches forward into the future to discharge their duties, tasks and responsibilities to the nation and the Army selflessly and in a disciplined manner. Also, the spirit of Gemunu Watch is abided with its motto, "Tarry Not Forward".

TIPS TO BE SAFE IN WATER

Swimming is famous water activity of children and adults today. Swimming can also help to combat depression, boost your immune system and improve proper blood circulation. However, it can be deadly too. These simple tips will assure your safety in water.

1. Ensure safety

Open water could be dangerous and therefore, it is important to notify your close relative on your water activity before you take part in. Do not try swimming in unknown water where you had never experienced.

2. Search around

Water has its own nature. It depends on the depth and climatic conditions. Shallow water is different from deep water. Nature of the water also changes depending on the season. During the rainy season, water level increases and in summer it decreases again. So you have to remember that still water run deep!

3. Be prepared

Proper kit for swimming is mandatory. If you use a swimming kit which suits for your size is much better. However, too baggy clothes, or wrapped clothes may lead underwater hazards. Therefore, avoid robes, long clothes that have number of drapes.

4. Do not jump

Do not jump or dive in the water, if you are not used to the cold water. Jumping into the cold water can cause gasping of breath, shock or even heart failure.

5. Know your limit

Before you start to enjoy the swimming in open water, know your boundary. Remember, the boundary of the water pond, river or lake is not your boundary. Before start swimming marks your limit, and try to enjoy within your limit. The more you swim the deep water, lesser you enjoy!

6. No alcohol

Alcohol or drink and swim are frequent activity of many youth and adults today. This has high risk to your life as alcohol slower the internal communication of the nerves. Liquor over the limit and swim may cause even the death in under water.

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

An exclusive interview with Corporal Dilanka Isuru Kumara- Bronze medalist at the Commonwealth Games 2022 in weightlifting

Briefly tell us about your school period and how you involved in the sport of weightlifting?

My name is Dilanka Isuru Kumara. I live in a village called Udagama in Kurunegala area. My first school was Gatamba Maha Vidyalaya. While we were playing in the school playground, the sports officer who came to the place asked us whether we would like to join the weight lifting game. At that time, we did not know whether it was a sport ! However, I did not even know that there was a training center in Kurunegala. In the year 2006 there was a picture of Chinthana Geetal who won a gold medal for Sri Lanka in weightlifting in the Commonwealth Games in a newspaper. That incident grew my passion and at the same day teacher entered us the sport of weightlifting. After that, the teacher took us to the Kurunegala weightlifting indoor gym. That's how I started weightlifting. While studying at that college, I had the opportunity to participate in my first international tournament. I was able to win the fourth place in that Commonwealth Games tournament.

The bronze medal you won, gaining international fame for Sri Lanka in the sport of weightlifting, is the result of your training and sacrifices over a long period of time. So, as a member of the Sri Lanka



"The Youth Should Come Together to Adorn Mother Lanka with Gold through Sports"

Army Corporal Dilanka Isuru Kumara

Bronze medal winner at the Commonwealth Games 2022



By Lieutenant
Duminda Senarath
SLAGSC
Directorate of Media
Army Headquarters

Army describe the support and guidance received from the Sri Lanka Army.

In fact, I joined the Army in 2016 and I decided to join the Sri Lanka Army then because I wanted to continue the sport based on the advice given by, Mr. Rukshan Gunathilaka my coach and sports officer of the Ministry of Sports. My unit is 2 (V) Sri Lanka Army General Service Corps. After joining the Army, I won my first international gold medal at the Youth Commonwealth Games. It was the first international medal I received after joining the Sri Lanka Army. To be honest, I got a lot of support from the Army, and that's why I

have been able to play this kind of game well today. In short, I have been exempted from duties and released to fully pursue the sport of weightlifting. It was a great strength for me, and thus I have been given the opportunity to continue the sports activities related to weightlifting with a free mind. I must mention here that, our Commander of the Army and Colonel Commandant Sri Lanka Army General Service Corps greatly supported me. I would like to express my gratitude to the Director of Army Sports as well as the Officers of the Sri Lanka Army General Service Corps, where I am currently working including all the Other Ranks for the support given to me with great respect.



What was your goal at the Commonwealth Games 2022

To be honest, my hope was not to win the bronze medal but to win the gold medal. However, my coach made a decision and informed me in advance, after a thorough study of the players participating in the tournament to train activities including more training activities. In fact, I did my training more than I should have done to win the gold medal in that tournament. The risk is that lifting heavy weights increases the probability of failure in those attempts. Also, if the first attempt fails, it is difficult to keep a mind clear for the second attempt due to the competitive nature of this competition. So my coach informed me to enter those rounds with the aim to win any medal for Sri Lanka thinking for the country rather than the dangerous rounds. So that's why I took part in that competition aiming for the bronze medal. To be honest, this is just one more medal for the whole world, but it is worth more than the whole world to me. This is because of the first medal I won for the country. Therefore, I am very happy to win the first medal for the country by giving strong competition from the beginning of the tournament. However, now I understand that if I had trained for the gold medal, I would have been able to win the gold medal.

How did you feel winning the bronze medal in weightlifting

at the Commonwealth Games 2022?

In fact, I participated in the training activities of this tournament amidst various obstacles, challenges and financial hardships. My passion for sports as well as the good hope to raise the Sri Lankan flag in a foreign country was one of my dreams. Therefore, I made up my mind to sacrifice everything to engage in training. Actually, this is an opportunity where the results of my efforts have paid off. On the day I entered the competition, I was very happy that I was able to get the relevant medal without much effort. I cannot express the happiness I felt. I am really happy to be honest.

Describe the guidance and support received from your coaches to win your goal?

My coach is Mr. Rukshan Gunathilake, a sports officer of the Ministry of Sports. So, like a father, he always gave me necessary advice for my training activities. I have been training under him since I was a child. He had made more commitment than me. He even neglected his personal work and made a strong commitment and constantly worked to look after my training activities. He was following me like a shadow, looking after everything about the places I was going and even about the food and drinks I needed. He worked to give me a lot of strength for



my sports activities, so it was because of him that I was able to get this medal today. Therefore, he deserves full credit for this bronze medal that I won. His commitment encouraged my efforts.

What is your future expectation?

My next hope is to participate in the world weightlifting tournament to be held in December 2022 to win a medal in weightlifting. That is because no one has ever won a medal in a weightlifting world championship until now. So my biggest hope is to participate in that tournament and earn some medals to the country. Also, one of my great desire as an athlete is to represent the Olympic Games in 2024.

Do you have any advice for new athletes who are going to enter the field of weightlifting in the future?

Weightlifting is truly a standard sport. If you want to play weightlifting, start it from school. Take me as an example. I trained at the Kurunegala weightlifting gym. We have an opportunity to conduct training activities free of charge. So join us to win the world. We are obliged to do everything we can for our brothers and sisters who have the capability to raise the flag of the country. I am asking all of you who are fond of weightlifting.



Marriage Life with Pandavas (My Entangled Fate)

Chapter Seven



By
Captain J G M R P Kumarihami SLAGSC
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Mawathura

Step by step, I learnt the ways of all my Pandava husbands. Surprisingly, I found them more appealing day by day. Especially, Arjuna, the bravest and the most handsome among all of them. Some might wonder how I managed with my five husbands at once. With all my heart, I totally give the credit of it to my own mother-in-law, queen Kunthi. For she was the one who made me into a fierce queen. I humbly admit that I wasn't born to a human mother. I was rather born through the fire as the legend goes.

Nevertheless, mistakenly, it was my mother-in-law's utterance which dragged me into polygamy. Due to their guilty consciousness, she tried to make myself comfortable in every possible way. It was her advice that I should spend one year with each of my husbands respectively according to their seniority. This was used to decide the fatherhood of the children I bore in future.

As days passed, the breached friendship between me and Krishna also renewed with mutual affection. One can never understand the relationship between me and him with mere words. I, myself found it mysterious though. I swear I love Krishna as much as I love my husband. I realised that I trust him more than them. Thus, I found myself enjoying the company of his newly wedded wives very much. One day, Sathyabhama, his second beloved queen visited our residence with Krishna. She was my favourite among Krishna's wives. Since she was

newly wedded, she always had many questions to ask a woman like me.

"Draupadi. For heaven's sake, tell me, are you using any enchantments or medicines? How do you manage with all your five husbands at once? They never get angry with you. They are like sweet little puppies around you, doing everything you tell them to do. How is that? Tell me about your secret.

While laughing heartily at this little girl's imagination, I answered her.

"Sathya listen carefully. I'm not using any medicines or enchantments I swear. But I have learnt about their ways. Listen, I never criticise my mother-in-law. I alone take care of her. I never out do her in anyway. That's why they trust me. Because they don't care for any other woman like they do for their mother. She sacrificed her happiness for them. And Sathya, when it comes to my household affairs, I know what every servant in my house is up to. I know each and every secret about them. That way, I rule over them. and, among all the residents here, I alone know the total wealth, income and expenditure of my husbands."

While enjoying Sathyabhama's curious face, I continued.

"Sathya, there is no other God or a man like your own husbands. Consider him as your soul saviour. If he is pleased, all your desires will be fulfilled. If he is not satisfied, your entire life will be ruined. I have learnt that hard truth, my friend. That's the way of life. Therefore, serve your Krishna with love. When he comes back after work, you should go and accompany him and wash his feet. Don't ask your servants to do it. Send out all your maid servants, and you yourself do everything for him."

"And my dear, whatever your husband tells you, even if it is not a secret, keep it a secret. Gather your husband's friends and well-wishers and invite them to your house. Treat them with affection. In case your husband commits a mistake unknowingly, control your anger and be silent. And always associate virtuous women, who are born in good families. This is the secret of my married life Sathya" I concluded.

"Are you satisfied with all five of them?"

"Of course, I don't need any other. Five is more than enough babe. Don't you think so?"

"Please be frank Draupadi. Do they love as much as you love them?"

"Hmm ok. Whom do they love actually? Me or their imaginary woman? Sathya, all men have their long desired, imaginary woman deep within their hearts. They all seek her in their wives. Luckily, some men find her, while others regret their whole life. That's all about it Sathya. However, except Arjuna, all the others are happy in finding her in me. Arjuna is far too clever to be deceived by imaginary creatures you know. He sees me as I'm. He knows that I too

have imperfections. When I'm around him, I feel so much freedom, knowing that he wouldn't judge me for who I'm. Anyhow, all the others blindly follow my word as you said. Who would be more satisfied than me to have this passionate lot?"

"Ok I think I got it now. By the way, has Krishna ever done any mischief with you?"

"Now. now. You know he is my best friend. But he knows exactly how I feel even if I didn't tell him. He understands my feelings. I think I trust him more than the Pandavas, Sathya. But believe me, he loves you very much. You are his beloved wife."

While we were engaging in this serious conversation, Krishna and the Pandavas returned from their evening walks. Krishna, before getting onto the chariot slowly approached me.

"Your Satya was asking about your relationship with me." I whispered to him.

Krishna raised his right eyebrow with a mischievous smile on his lips, "What did you say?"

"The Truth of course"

"And what is the that?"

"Hmm that which is not a lie."

We looked at each other's eyes for a moment which felt like an aeon. Krishna broke the silence with his usual mischievous smile.

"Panchali, no one will understand or believe that the joy of love is to be tasted from a distance than to be seised. Fire burns eternally in non-fulfilment and is destroyed in any attempt to fulfil."

"Very well, Let that fire burn us eternally. I don't want to destroy it."

"By the way how is your Arjuna? Isn't he good in bed? He is your favourite I hear?"

"Oh Krishna, watch your words ha. Who says he is my favourite?"

"You cannot lie to me Panchali. You know I can read you from top to bottom."

I felt my cheeks burning as he mentions Arjuna's name. How much I detested the man before the marriage. Now he is my favourite though. I looked at Arjuna with a smile.

As if he understood our conversation, Arjuna shouted.

"Enough of flirting with my Panchali. Your Sathya is waiting."

Krishna laughed at him and saluted Yudhidhithira and Bhima, embraced Nakula and Sahadeva, and gave a hard punch on Arjuna's back. Then he slowly caressed my hair as I touch his lotus feet. Sathyabhama hugged me with the usual affection as I bade farewell to them.

571 Infantry Brigade Gifted Badminton Accessories among Kilinochchi Students

The troops of 571 Infantry Brigade of the 57 Infantry Division under command to the Security Force Headquarters (Mullaittivu) with the noble objective of promoting badminton skills of Kilinochchi students took steps to distribute a considerable stock of badminton accessories to the students at four major colleges in Kilinochchi.

Rs 50,000.00 worth badminton shuttlecocks and rackets were provided by philanthropist Mr. Shan Skanda Kumar, at the request of Commander, 571 Infantry Brigade.

These badminton shuttlecocks and rackets were donated among the badminton players in Kilinochchi district as they were unable to raise resources to purchase of those badminton accessories for their future career.

Commander, 571 Infantry Brigade also distributed incentives to the badminton-loving students at Kilinochchi Maha Vidyalaya, Kilinochchi Central



College, Kilinochchi Hindu College and Kilinochchi St Theresa College with the coordination of school authorities.

The event, held recently at the Northern Provincial Council auditorium in Kilinochchi with the participation beneficiaries, principals, sports teachers, parents and several senior officers.

53 Infantry Division All Ranks Attended Workshop on Mental Health



With the intention to promote the mental well-being and health of all ranks of the 53 Infantry Division, a workshop on Mental Health got underway at the Regimental Headquarters of Commando Regiment at Ganemulla.

A total of 12 Officers and 300 Other Ranks from the 24 Sri Lanka Light Infantry, 12 Sri Lanka Sinha Regiment, 5 Gemunu Watch, 3 Gajaba Regiment, 1 Vijayabahu Infantry Regiment and 6 Sri Lanka Light Infantry attended for workshop. The event was held under the conceptual guidance of Major General Udaya Herath, General Officer Commanding, 53 Infantry Division with the blessings of the Commander 1 Corps, Sri Lanka Army.



Forward Maintenance Area (Mullaitivu) Marked its Anniversary with Log Commander



The Forward Maintenance Area (Mullaitivu) marked its 13th Anniversary on 13 August with the participation of Major General AL Illangakoon Commander, Forward Maintenance Area (Mullaitivu). Major General SPAIMB Samarakoon Hdmc Lsc Commander, Army Logistics Command visited the Forward Maintenance Area (Mullaitivu) on this special day and troops welcomed him offering a Guard Turnout at the entrance. Subsequently, Commander, Army Logistics Command addressed the troops. Senior Officers including Staff Officers of the Forward Maintenance Area (Mullaitivu) attended the occasion.



Refresher Course for Administration and Logistics Started at Security Force Headquarters (East)



With the intention to improve the knowledge of the Officers serving at the Security Force Headquarters (East), Refresher Course for Administration and Logistics was started on 15 August 2022 at Sri Lanka Ordnance Headquarters, Minneriya. The course was initiated under the conceptual layout of Major General KWS Rathnayaka ndu Commander, Forward Maintenance Area (East). Refresher Course for Administration and Logistics was held over 4 days with the participation of 29 Officers.

Directorate of Research Concept and Doctrine Educated Officers on 'Doctrine'



Under the guidance of the Director General General Staff and the Director, Directorate of Research Concept and Doctrine (Dte of RCD), a series of lectures on the Army 'Doctrine' was initiated to educate Officers in the Sri Lanka Army. As an extension of this project, Lieutenant Colonel DLU De Thabrew Colonel (Doctrine) at Directorate of RCD imparted the knowledge on the subject with Officers in the Corps of Sri Lanka Electrical and Mechanical Engineers (SLEME) in parallel to the Sri Lanka Electrical and Mechanical Engineers Regimental Training day on 15 September 2022. Fifty-two officers participated in the lecture with Colonel (EME) and Senior Officers.

Sri Lanka Army Volunteer Force Began the Phase - 2 of the Workshop on 'Skill Development & Innovation'



The inauguration of the workshop on 'Skill Development and Innovation' commenced at the Sri Lanka Army Volunteer Force (SLAVF) Conference Hall on 20 September 2022. The workshop has been structured under the conceptual and instructional directions of Major General DGS Senarath Yapa RWP RSP ndu Commandant, Sri Lanka Army Volunteer Force. The course of study conducted for 21 days with practical sessions in the streams of innovation through teamwork, waste management, welding, painting, and carpentry.

49 Mankulam Primary School Students Received Shoes and Accessories



Troops of the 9 Vijayabhau Infantry Regiment under command to the 573 Infantry Brigade Headquarters of the 57 Infantry Division of the Security Forces (Mullaitivu) organised the distribution of school shoes, uniforms and bags among needy students in Shanmugarathnam Primary School in Mankulam. The donation of those relief items, was sponsored jointly by philanthropists, Mr Rohan Appuhamy, Mrs Roshika De Silva, Mr Himantha De Silva and Mr. Herbert De Silva. General Officer Commanding, 57 Infantry Division attended the distribution ceremony as the Chief Guest at the invitation of the 573 Infantry Brigade Commander. 49 needy school-going students benefited from the programme.

Human Rights and International Humanitarian Law Basic Course No. 31 Successfully Concluded



The Human Rights and International Humanitarian Law (HR & IHL) Basic Course No. 31 which was conducted from 15 August to 01 September 2022 at the International Peace Support Operation Training Sri Lanka (IPSOTSL) at Kukuleganga under the supervision of the Directorate of Human Rights and International Humanitarian Law at the Army Headquarters was successfully concluded on 01 September 2022.

20 Officers and 46 Other Ranks attended the course along with 3 Navy Officers and Other Ranks and 2 Air Force Officers and Other Ranks. The Best Officer Award of the course was awarded to Lieutenant Colonel PSJ Fernando of the Sri Lanka Engineers and the Best Other Ranks Award of the Course went to Sergeant Senevirathna HMSK of the Special Forces.



Brigadier KAN Rasika Kumara psc Director, Directorate of Human Rights and International Humanitarian at Army Headquarters graced the awarding ceremony as the Chief Guest. Senior Officers including Instructors attended the culmination of the course.

65 Infantry Division Started 'Osu Uyana' to Conserve Herbal Plants



Aiming to promote the cultivation of indigenous medicinal plants, 65 Infantry Division under command to Security Force Headquarters (Wanni) during a simple ceremony established an 'Osu Uyana' on 16 September 2022 inside the 65 Infantry Division camp premises in Thunukkai.

Major General EADP Edirisinghe General Officer Commanding, 65 Infantry Division graced the inaugural occasion as the Chief Guest. More than 200 indigenous medicinal plants, including about 70 rare varieties were planted during the event. The 65 Infantry Division further intends to establish such gardens in formations and units under command 65 Infantry Division with the objective to preserve valuable herbal plants for future generations. Officers and Other Ranks of 65 Infantry Division joined the occasion.

SPORTS

We lead the sports too...

Sri Lanka Sinha Regiment Won Inter Battalion Swimming Competition



15 (V) Sri Lanka Sinha Regiment was able to win the Inter Battalion Swimming Competition which held on 3 September 2022. Swimming team of 15 (V) Sri Lanka Sinha Regiment won all events held at the competition. Swimming team of 15 (V) Sri Lanka Sinha Regiment participated in the event under the guidance of Major RMJB Rathnayaka Commanding Officer, 15 (V) Sri Lanka Sinha Regiment. The certificate awarding ceremony of the Inter Battalion Swimming Competition was held under the patronage of Major General GRRP Jayawardena RWP RSP ndu Commander, Security Forces Headquarters (East) and Colonel of the Sri Lanka Sinha Regiment. Officers, and Other ranks of Sri Lanka Sinha Regiment witnessed the event.

Army Taekwondo Team Shined at 3rd Mount Everest International Open Taekwondo Championship in Nepal



Sri Lanka's National Taekwondo Federation team participated in the 3rd Mount Everest International Open Taekwondo Championship, held from 22 to 25 September 2022 in Nepal's Pokara City and won 3 medals.

The 10-member National Team included 6 Army players together with women players.

Sergeant Lakshman I of 12 Gemunu Watch, Corporal Wanigasekara HHR of 12 Gemunu Watch, Lance Corporal AMS Bandaranaike of 1 Gajaba Regiment earned the bronze medal from Pumse (single) and Sparring (single-male). Lance Corporal Kulasiri PGAR of 8 Sri Lanka Service Corps, Corporal Srimathees of 5 Sri Lanka Army Women's Corps and Lance Corporal Madhushani YKM of 2 Sri Lanka Army Women's Corps participated in the games.

55 Infantry Division Initiates Friendly Soccer Encounter for Jaffna Youths



Jaffna-based troops of the Sri Lanka Army have been at the forefront of grooming national-level sportsmen for the country and stimulating the youth for varieties of sports held a friendly soccer match on 10 September 2022 at 55 Infantry Division.

Jaffna Youth Team and Kaddaikadu Youth Team participated in a friendly soccer encounter at Kaddaikadu Football Ground. After an impressive show, the Kaddaikadu Youth Team won this friendly encounter by 6-0 goals.

The event was organised under the conceptual guidance of General Officer Commanding, 55 Infantry Division on 10 September 2022 with the intention to promote sportsmanship, reconciliation, cohesion and identifying inborn sports talents of the Jaffna youth in the North. General Officers Commanding of 51



Infantry Division and 52 Infantry Division, Commander Forward Maintenance Area (North), Officers, Other Ranks and civilians in the area enthusiastically viewed the match.

Vijayabahu Infantry Regiment Players Won Muay Thai Tournament



The 3rd Inter Regiment Muay Thai Tournament of the Army got underway at the Indoor Stadium (Gymnasium) of the Army Cantonment in Panagoda on 4 September 2022 with the participation of 100 athletes representing respective regiments.

During the competition, Vijayabahu Infantry Regiment Muaythai players emerged as the winner after achieving 11 goals and the second place of the competition was grabbed by the Gajaba Regiment by achieving 7 goals in the same round. In addition, the enthusiastic players of the Sri Lanka Army Women's Corps achieved 6 gold medals and 2 silver medals. The players who represented the Sri Lanka Signal Corps became the runners-up by scoring 3 gold and 1 silver medal. The event was held under the supervision of Chairman of the Army Muay Thai Committee. Trophies and certificates were also presented to the winners at the conclusion of the final event.

Staff Sergeant Earned Runner-up Title in Thailand's Wheelchair Tennis



The Staff Sergeant Dharmasena D S R of 4 Sri Lanka Artillery Regiment who participated in the Open Wheelchair Tennis Double Championship (ITF 2) held in Pattaya, Thailand won the runner-up title in the Open Doubles event. Thailand Open Wheelchair Double Championship (ITF 2) tournament was held from 22 August 2022 to 2 September 2022 in Thailand.

The Staff Sergeant represented the Sri Lanka Army and several wheelchair players from Asian countries took part in the tournament.

Army Troops in Lebanon Won 3rd Place in Tug of War



Designed to promote camaraderie and understanding among different UN peacekeepers serving the United Nations Interim Force In Lebanon, (UNIFIL), the annual UNIFIL Sports Festival was held during 18 - 19 August 2022 in Lebanon.

Troops of the 13th Sri Lanka Army Force Protection Company in Lebanon, consisting of Senior Non-Commissioned Officers and Non-Commissioned Officers, won the 3rd place in the Tug of War tournament beating teams of 24 countries. Also, Corporal Pushpakumara RAI won the 2nd place in 40 m free style and 13th Sri Lanka Army Force Protection Company secured the 2nd place at the UNIFIL's swimming competition, held at the UNIFIL swimming pool in Naqoura, Lebanon under the 40 m x 4 free style event.

Three Army Players Selected to the National Football Team Undergo Training in Qatar



Sri Lanka Army football players, Lance Corporal Rahumaan MAA of 8 Sri Lanka National Guard, Private Mohammed MJR of 2 (v) Gajaba Regiment and Private Jayasekara SD of Sri Lanka Army Service Corps were selected for Sri Lanka National Football team and were invited to undergo a training session in Qatar in the month of September 2022.

All those three players led by Major H Rathnayake of Sri Lanka Light Infantry expected to participate in the forthcoming South Asia Football Tournament, together with other teammates in the National Football team.

Sri Lanka Electrical and Mechanical Engineers and Sri Lanka Corps of Military Police Won Inter Regiment Water Polo Championship - 2022



11 Regimental teams of the Sri Lanka Army participated in the Inter Regiment Water Polo Championship - 2022 tournament, organised by the Army Aquatic Sport Committee under Open and Novices categories and finals were conducted on 21 September 2022. The finals of the sporty event was held at the Army Physical Training School Swimming Pool Complex at Panagoda, under the guidance of Sri Lanka Aquatic Sports Union.

Sri Lanka Electrical and Mechanical Engineers (SLEME) team won the championship in the Novices category, while the Sri Lanka Corps of Military Police (SLCMP) team emerged as the Runner-up. The Open Category championship was won by the Sri Lanka Corps of Military Police (SLCMP) team while Sri Lanka Engineers (SLE) ended as the Runners up.

Chairman of Sri Lanka Army Aquatic Sport Committee and Vice Chairman, Sri Lanka Army Aquatic Sport Committee witnessed the final encounters and awarded certificates.

Private Puvitharan K Marked a New Sri Lankan Record



Private Puvitharan K of 2 Sri Lanka Electrical and Mechanical Engineers (SLEME) in the tournament for selection of athletes for the 'Asian Athletic Meet - 2023' made a new Sri Lankan record in Pole Vault event at the Mahinda Rajapaksa playground in Diyagama during 17 to 19 September 2022. Marking a record height of 5m and 15cm jump, Private Puvitharan K who is an active member of the Sri Lanka Army Athletic Pool would accordingly be qualified to enter the national team in future.

Private Puvitharan is a proud product of Government Hindu College of Chavakachcheri joined the Sri Lanka Army in 2021 as a Private. He had also won two gold medals for Pole Vault events in the National Junior Sports Festival and National School Sports Festival earlier in addition to the Gold medal he won at the Sri Lanka Army Volunteer Force Sports Meet.

54 Infantry Division Cricketers Won the Security Force Headquarters (Wanni) Cricket Tournament



The finals of the Inter-Division Cricket Championship - 2022 of the Security Force Headquarters (Wanni) was held on 17 September 2022 at the 54 Infantry Division Headquarters playground in Thallady, Mannar.

Major General CD Ranasinghe RWP RSP Commander, Security Forces (Wanni) graced the event as the Chief Guest, and witnessed the finals and gave away trophies and certificates.

After a neck-to-neck tussle, players in the 54 Infantry Division emerged as champions of this tournament pushing 21 Infantry Division cricketers to the position of runners-up. Major LM Suranga of 15 (V) Gemunu Watch was awarded as the Man



of the Series. The Chief Guest and other Senior Officers joined the distribution of trophies and certificates to the winners. A large gathering of Officers and Other Ranks watched the final matches.

NO ONE KNOWS..?



People blame.....People scream...
They say that to be ashamed
That I'm to be ashamed
Being a soldier's daughter
And, then I ask myself slowly
Why should I disgrace the sacrifice
They did for us
And fearful moments they suffered
For your joy tomorrow
Why should I insult the bravery
which they showed with
Sleepless nights in the fields
Why should I not cherish "A National Hero"
Who sacrificed the hope
Of living everyday in war
But unfortunately.....No one knows..

Why yelling at them saying
You'll scrambled saying
" Remove the uniform"
But what if they really do..?
What if they did it before 2009
Shouldn't judge 'em
We all would be in the doom
Back then in 2009
They only had a day called today
Planning for tomorrow
And a little hope to live in
Day after tomorrow
And...No one knows...

People in power rule them
People without power reject them
But they standstill for the command
With no choice to give up
But they still feel your pain
People only see the guns they have

The poles they hold and faces covered
To show no fear
But nobody sees the
Pain with no choice
'Cuz.. No one Knows

Do we want a kingdom?
Without a barrier?
A country without a law?
They choose to be helpless
Against making the country unstable
At least let's try not to insult
Those souls who sacrificed
Their only life in those battles
And to they who lost half of their bodies
Just to give justice for you & me
But now I guess...No one knows

What will happen when
Their shelter is needed again
What will happen when
Their protection is needed again
Will they back off?
Or will they blame you?
'Cuz you're the one who
Dishonored their power of sacrifice
Or will they come up with
The same bravery for you?
Cuz "Once a soldier always a soldier"
But ...No one knows...

By: Naduni Kaluaggala

The young poetess expects to dedicate this poem as an honour to her father who was awarded the gallantry medals of "Ranashura Padakkama" & "Uththama Seva Padakkama" during the Humanitarian Operation from 1998 to 2009.

Ranaviruwa Extends Heartiest Wishes for the Newly Appointed Officers



**Major General
U P R Weerakoon WWV
RWP RSP USP**
assumed the duties
as General Officer
Commanding,
21 Infantry Division
on 31 August 2022



**Major General
M W T C Mettananda USP
ndc**
assumed the duties as
Colonel Commandant,
Sri Lanka Army General
Service Corps
on 01 September 2022
(Also, assumed the duties
as Commander, Forward
Maintenance Area (East),
on 22 September 2022



**Major General
H D W K N Eriyagama
RWP RSP**
assumed the duties
as General Officer
Commanding,
64 Infantry Division
on 30 August 2022



**Brigadier
S Kasturimudali RSP ndc
psc**
assumed the duties as
Commandant,
Sri Lanka Army Training
School, Maduruoya
on 16 September 2022



**Brigadier
T C K Peiris RWP RSP**
assumed the duties as
Director
Directorate of
International
Humanitarian Law and
Human Rights
on 21 September 2022



**Brigadier
T C M G S T Cooray RWP
RSP USP psc**
assumed the duties as
Commander,
112 Infantry Brigade
on 14 September 2022



**Brigadier
L G J N Ariyathilaka RWP
RSP**
assumed the duties as
Commander,
512 Infantry Brigade
on 14 September 2022



**Colonel
K M C S Kumarasinghe**
assumed the duties as
Commander,
522 Infantry Brigade
on 16 September 2022



**Colonel
S A U A Solangaarachchi
RSP psc**
assumed the duties as
Commander,
242 Infantry Brigade
on 14 September 2022



**Colonel
R M S P Rathnayake USP
psc IG**
assumed the duties as
Commander,
221 Infantry Brigade
on 12 September 2022



**Colonel
D P K Gamage RSP USP psc**
assumed the duties as
Colonel (Admin/Quart),
Security Forces (Wanni)
on 06 September 2022



**Colonel
P K N R Ratnasinghe KSP**
assumed the duties as
Senior Civil Coordinating
Officer,
Security Forces (West)
on 27 September 2022



**Lieutenant Colonel
I D S Dharmaratne RSP Isc**
assumed the duties as
General Staff Officer-III,
532 Infantry Brigade
on 24 August 2022



**Lieutenant Colonel
J A C Padmakumara**
assumed the duties as
Staff Officer -1 (Pay and
Records),
Directorate of Pay and
Records
on 19 September 2022



**Lieutenant Colonel
H M J S Bandara RSP**
assumed the duties as
Commanding Officer,
12 Battalion, Vijayabahu
Regiment
on 08 August 2022



**Lieutenant Colonel
M G S D Wijesooriya RSP**
assumed the duties as
Staff Officer- 1 (Real
State),
Directorate of Real State
and Quartering
on 27 September 2022



**Lieutenant Colonel
K R Perera RSP**
assumed the duties as
Commanding Officer,
16 Sri Lanka Sinha
Regiment
on 30 September 2022



**Major
M C S Jayasekara USP**
assumed the duties as
Commanding Officer,
12 Sri Lanka Sinha
Regiment
on 02 August 2022



**Major
G N P R Silva RWP RSP psc**
assumed the duties as
Commanding Officer,
8 Vijayabahu Infantry
Regiment
on 01 September 2022



**Major
T M W B Karunaratne Lsc**
assumed the duties as
Commanding Officer,
4 Sri Lanka Electrical
and Mechanical
Engineers
on 12 September 2022

15 (V) Gajaba Regiment Installed Water Purification Machine at J/ Varani Iyattal Vidyalaya



Fulfilling a long standing requirement of J/ Varani Iyattal Vidyalaya, troops of 15 (V) Gajaba Regiment installed a water purification machine at the school premises. Major General WMGCSB Wijayasundara RSP USP ndu Commander, Security Forces (Jaffan) declared open and warmed the water purification machine to the beneficiaries on 28 September 2022. The financial generosity for the task was extended by Korea Friends of Hope International under the coordination of Captain NW Hitheshi General Staff Officer III, 522 Infantry Brigade. Sun Bong Choi, Chairperson, Korea Friends of Hope International and his spouse, Commanding Officer, 5(V) Gajaba Regiment, teachers and students of J/ Varani Iyattal Vidyalaya witnessed the event.

A Series of Programmes from Diners Club



A programme of Diners Club was held on 2 September 2022 with the participation of Officers and Other Ranks of the 59 Infantry Division. Major General N Udawatta (Rtd) WWV RWP RSP VSV USP ndc psc the first General Officer Commanding of 59 Infantry Division graced the event as the Guest Speaker. He illustrated his first-hand experiences on Humanitarian Operations and the duties of 59 Infantry Division widening the scope of the junior Officers. A friendly discussion was held at the end of event. The programme was held following the conceptual layout of Major General GD Sooriyabandara USP General Officer Commanding, 59 Infantry Division.

RANAVIRUWA



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TN Majeed RSP USP Isc**



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Inter-Regiment Boxing Championship 2022



The Inter-Regiment Boxing Championship – 2022, organised by the Army Boxing Committee was held at Army Physical Training School, Panagoda 20 September 2022.

15 regimental teams including the Sri Lanka Army Women's Corps team competed and the event was held from 17 September to 21 September 2022. 78 male Army boxers and 11 female boxers from 17 regiments under 14 weight categories competed for supremacy in the tournament which provided a fillip to the budding boxers in the Army. The final tussle for the championship was witnessed by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army who graced the occasion as the Chief Guest.

After a close encounter, boxers of the Sri Lanka Army Service Corps (SLASC) carried away the Championship in the tournament. Vijayabahu Infantry Regiment (VIR) boxers emerged runners-up while Sri Lanka Sinha Regiment (SLSR) participants secured third place. Meanwhile, 5 Sri Lanka Army Women's Corps (5 SLAWC) in the women's category emerged champions and women boxers of the Sri Lanka Corps of Military Police were selected as the 1st runners-up.

In the male novices' category, Vijayabahu Infantry Regiment boxers clinched the 1st place and boxers in the Sri Lanka Army Ordnance Corps (SLAOC) won the 1st runners-up place and the Sri Lanka Army Service Corps boxers were adjudged the 2nd runners-up. In the female novices' category, Sri Lanka Army Women's Corps won the 1st place and boxers of the Sri Lanka Corps of Military Police won the 2nd place.

Lance Corporal Prasanna PAR of Vijayabahu Infantry Regiment was adjudged the Best Male Boxer and Corporal Sanjeewa Nuwan MPP of Sri Lanka Armoured Corps became the Best Male Loser. Private Rathnapuli SW of 5 Sri Lanka Army Women's Corps was meanwhile adjudged the Best Female Boxer and Private Manatunge MDD of Sri Lanka Corps of Military Police became the Best Female Loser.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army awarded the certificates and trophies. Major General TJ Kodithuwakku RWP RSP ndu Chief of Staff and Major General CD Weerasooriya RWP RSP ndu Deputy Chief of Staff, Major General DGS Senarath Yapa RWP RSP ndu Commandant, Sri Lanka Army Volunteer Force also joined the awarding of trophies and certificates to the achievers.



*The heroic
memories.....*

Troops Preparedness in the Morning

Protecting the Nation always comes first and foremost for them. The place and the time of an operation is important for them as their high standards of discipline to meet a variety of challenges. Whatever the diverse tasks performed, they are always ready to serve preserving the discipline now and forever..