



FEBRUARY 2023 23<sup>th</sup> Issue

# BELLATOR

R A N A V I R U W A



**75**  
Independence Day  
Celebration





# 75 Independence Day



## 75th National Independence Day celebrated with dignity

Honourable Ranil Wickremesinghe the President of Democratic Socialist Republic of Sri Lanka along with Honourable Prime Minister and a host of distinguished, multi religious, diplomatic, ministerial, defence, state and civil dignitaries and invitees graced the 75th National Independence Day celebration held on 4 February 2023 at Galle Face esplanade.







The elegant 75th National Independence Day celebration left a significant landmark in the country's post-independence era as it had all the hallmarks of dignity with simplicity, brevity and colourfulness, irrespective of a string of challenges and setbacks, posed to the Nation's forward-march amidst economic constraints and varying multifaceted global constraints.

The smart parade comprised of 6877 Tri-Service Officers and Other Ranks, Police, Special Task Force and Civil Security Department personnel, National Cadet Corps members and differently-abled War Heroes. Major General D K M D B Pussalla RWP RSP commanded the colourful parade together with the dedicative members of valorous troops.



3565 members participated in representing the hardware and foot columns of Sri Lanka Army. The hardware column included with 74 armoured vehicles and artillery carriers rolled down adding an eye catching vehicle parade for the 75th independence day celebrations. The display of tri service parachutists including the most elite Commando Regiment and Special Forces added their contribution to the proceedings. The two vehicles which carried the differently-abled and retired War Heroes who rendered an unblemished service for the Nation and the Sri Lanka Army added a significance for the proceedings. Sri Lanka Artillery Regiment presented customary 21-Gun Salute for the President. In addition, the Sri Lanka Army received plaudits for its tremendous and unique contribution during the simple celebrations.





## President conferred VSV Honours and 75th Independence Day Medal on Officers



Honourable Ranil Wickremesinghe the President of Democratic Socialist Republic of Sri Lanka and Commander-in-Chief of the Armed Forces conferred the 'Vishishta Seva Vibushanaya' (VSV) decoration for 53 most Senior Army Officers, 17 most Senior Navy Officers and 7 most Senior Air Force Officers who had maintained exceptional, distinguished, unblemished and loyal service of moral and military conduct for not less than 25 years, on account of 75th National Independence Day anniversary during a conferment ceremony held at the President's House in Kandy on 1 February 2023.



During the same ceremony Honourable Ranil Wickremesinghe symbolically pinned 75th Independence Anniversary Commemoration medal for 6 Officers, 4 Other Ranks of Sri Lanka Army, 2 Officers and 3 Other Ranks of Sri Lanka Navy and 3 Officers and 2 Other Ranks of Sri Lanka Air Force. Chief of Defence Staff, Commander of the Army, Chief of Staff, Deputy Chief of Staff, Adjutant General, a Captain representing Sri Lanka Women's Corps and Regimental Sergeant Majors received the 75th Independence Anniversary Commemoration medal during the ceremony.



Honourable Premitha Bandara Tennakoon State Minister of Defence, Mr. Sagala Ratnayake Chief of Staff of the President, and Senior Advisor to the President, Mr. E M S B Ekanayake Secretary to the President, General G D H K Gunarathne (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary to Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Vice Admiral Priyantha Perera Commander of the Navy, Air Marshal Sudarshana Pathirana Commander of the Air Force and a representative gathering of retired and serving Tri Service Officers were associated with the ceremony.





## Presidential Colours awarded for National Cadet Corps



The National Cadets Corps (NCC) received Presidential Colours and Regiment Colours from the Honourable Ranil Wickremesinghe during a colourful ceremony at the National Cadet Corps Training Centre (NCCTC) in Rantembe on 19 February 2023 in the presence of a large gathering of distinguished guests.

The ceremonial parade commanded by Colonel H T Dewapura Trainee Inspector, National Cadet Corps Training Centre was composed of 23 Officers, 11 Drill Instructors, 10 Senior Non-Commissioned Officers, and 297 Cadets.

Sri Lanka Army trained the members of National Cadet Corps under the best Drill Instructors of the Sri Lanka Army. Further, they provided the required instrumental assistance to make the event a success.

Afterwards, the President awarded Presidential Colours and Regiment Colours presenting both symbolic flags to representatives of the National Cadets Corps. In the meantime, Brigadier G S Fonseka USP psc Director, National Cadets Corps read the oath of protecting the nation.



Addressing the gathering, the President highlighted the importance of the National Cadets Corps role and praised the service, rendered to the motherland. The National Cadets Corps was inaugurated in 1881 as a Cadet platoon at Royal College, Colombo and evolved to be called as the National Cadet Corps in 1988. Presently, it is made up of 9 Provincial Headquarters, 31 Battalions, 3871 western and eastern Cadet Bands and over 3000 Officers island wide.



Honourable Premitha Bandara Tennakoon State Minister of Defence, Mr. Lalith U Gamage Governor of the Central Province of Sri Lanka, Mr. Sagala Ratnayake Chief of Staff of the President and Senior Advisor to the President, General G D H K Gunarathne (Rtd) WWV RWP RSP USP ndc psc MPhil Secretary to Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Mrs. Janaki Liyanage President Army Seva Vanitha Unit, Director, National Cadets Corps and Tri-Service Officers, were associated with the ceremony.



## *President graced the 6th Annual Academic Sessions at Sri Lanka College of Military Medicine*



The inaugural ceremony of the 6th Annual Academic Sessions of the Sri Lanka College of Military Medicine (SLCOMM), themed 'Resilience of Military Medicine in Times of Crisis', - the forum that synergises military-civil contribution for greater interaction took place on 24 February 2023 at Eagle's Lakeside Hotel in Attidiya in the presence of 150 of medical consultants, professionals and experts on military medicine including 55 doctors from the Sri Lanka Army. Honourable Ranil Wickremesinghe the President of the Democratic Socialist Republic of Sri Lanka graced the event as the Chief Guest while Professor Selvanayagam Nirthanan joined as the Guest of Honour at the invitation of the SLCOMM.

Mr. Sagala Ratnayake, Chief of Staff of the President and Senior Advisor to the President, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Vice Admiral Priyantha Perera, Commander of the Navy together with a distinguished gathering of invitees participated in the inauguration.

The Sri Lanka College of Military Medicine (SLCOMM) is a professional body consisting of medical and dental doctors of the Sri Lanka Army, Sri Lanka Navy and Sri Lanka Air Force. It is one of the largest medical professional bodies in the country with membership of approximately 400 doctors.

The membership of SLCOMM consists of all military consultants and doctors of various specialities. Since, its inception in May 2016, the SLCOMM has been making noteworthy progress in terms of the medical and dental fraternities of the Army, Navy and Air Force. The college has perseveringly strived to achieve excellence in the field of Military Medicine.



## SLAC debut 'Colours Night' staged on grand scale



The Sri Lanka Armoured Corps (SLAC) Regiment's first-ever inducting 'Colours Night' which recognises and appreciates unique sports skills of 75 cavalymen out of 477 eligible sportsmen was staged on 20 February 2023 at Kotalawala Defence University auditorium before a distinguished gathering, headed by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army as the Chief Guest.

Major General D B S N Bothota RWP RSP VSV USP psc Colonel Commandant, Sri Lanka Armoured Corps welcomed the guests offering a warm welcome. Then after, Sri Lanka Armoured Corps sports achievers who performed extremely well at International, National and Army level sports events were awarded the Colours by General Jagath Jayasuriya (Rtd) RWP VSV USP ndu psc the former Chief of Defence Staff and the Commander of the Army, together with Major General W A S S Wanasinghe RSP VSV USP ndu Commandant, Sri Lanka Army Volunteer Force and Major General D B S N Bothota RWP RSP VSV USP psc Colonel Commandant, Sri Lanka Armoured Corps. Thereafter, the Commander presented 'Armour Legends - Life Time Achievers Awards' to those who have performed exceptionally well. Adding a noteworthy presence to the occasion of historical importance to the SLAC flagship event, Mrs. Jayanthi Daluwatta-the widow of former Chief of Defence Staff and Commander of the Army General Rohan Daluwatte WWV RWP RSP VSV USP ndc psc and Mrs. Lali Kobbekaduwa-the widow of the reputed War Hero Lieutenant General Denzil Kobbekaduwa RWP RSP VSV USP rcds psc accepted 'Armour Legends-Life Time Achievers Awards' for their spouses' excellence in basketball and rugby respectively during their service to the Army. During the same event, the Commander of the Army presented a cash gift of Rs. 1 million to SLAC for further promoting the sporting skills in future.

The inaugural SLAC Colours Night was organised under the guidance of Major General D B S N Bothota RWP RSP VSV USP psc Colonel Commandant, Sri Lanka Armoured Corps. Senior Officers, Mrs. Janaki Liyanage President, Army Seva Vanitha Unit, Officers and a large gathering of distinguished guests witnessed the 'Colours Night'.





## Scholarships awarded to the children of War Heroes under 'Viru Sisu Pradeepa' project

The phase-2 of the 'Viru Sisu Pradeepa' scholarship project, initiated by the Army Seva Vanitha Unit (ASVU) intending to grant educational relief to students of Army families, late War Heroes and differently-abled War Heroes was held on 23 February 2023 by awarding 100 more scholarships, each worth of Rs. 25,000.00 to students during a symbolic distribution ceremony held at the Army Headquarters. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Mrs. Janaki Liyanage President, Army Seva Vanitha Unit graced the event as the Chief Guests.

The National Defence Fund and the Bank of Ceylon (BOC) jointly sponsored the phase-2 of the project. Each student who has passed the Grade 5 Scholarship Examination, received a cash deposit of Rs 25,000.00 in their savings accounts. In addition, selected beneficiaries received packs of school accessories, each worth nearly Rs. 7000.00.

Major General D G S Senarath Yapa RWP RSP ndu Deputy Chief of Staff, Major General G R R P Jayawardena RWP RSP ndu Quarter Master General, Mrs. Samantha Senarath Yapa, Mrs. Omela Jayawardhene, Mrs Ruvina Lamahewa, Several senior Officers, senior members of Army Seva Vanitha Unit, Officers, Staff and Other Ranks attended the awarding ceremony.





## *All Ceylon Jamiyyathul Ulama met Army Commander*



Three senior executive members of the 'All Ceylon Jamiyyathul Ulama' (ACJU) organisation had a cordial interaction with Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Commander's office on 21 February 2023 and handed over a booklet, 'Century of Service' on account of the All Ceylon Jamiyyathul Ulama's centenary, to the Army Commander.

At the end of the cordial interactions, the Commander of the Army reciprocated their gesture of goodwill by presenting special mementos to Mr. Ash Sheik Murshid Mulaffar, Mr. Ash Sheik Fazil Farook and Mr. Ash Sheik Salman, all three senior executive members of the All Ceylon Jamiyyathul Ulama.

The ACJU has been in existence since 1924 and was incorporated by Parliament Act No. 51 of 2000 of the Democratic Socialist Republic of Sri Lanka. The objectives of the ACJU are far-sighted, long-run, and designed to serve the Muslim Community and the nation. At present, it has 163 Branches in 24 districts and over 8000 scholars as subscribed members.

## *Newly-promoted Major Generals received symbols of authority from Army Commander*



Newly promoted 8 Major Generals of the Army called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and received their symbols of authority and greetings from the Army Commander at the Commander's Office to coincide with the 75th National Independence Day on 3 February 2023.

Major General L S Balachandra RSP Chief Executive Officer of Nelum Pokuna Theater, Major General W Chandresiri RSP USP psc General Officer Commanding of 24 Infantry Division, Major General D M P P Dasanayake Director, Directorate of Quality Assurance and Inspection, Major General A C A De Zoysa USP Hdmc Lsc Commander of Forward Maintenance Area (North), Major General R K N C Jayawardena RSP ndc General Officer Commanding of 66 Infantry Division, Major General G W A Senevirathne USP psc Director, Directorate of Research Concept and Doctrine, Major General I A N B Perera RWP USP ndu psc Commandant of Sri Lanka Military Academy and Major General P P A Perera Hdmc psc Director, Directorate of Overseas Operation received their symbols of authority from the Army Commander. After cordial interactions and greetings, the Commander of the Army awarded General's sword to the new two-star Generals to signify their new authority.



## ***Pakistan's Chairman, JCSC met Army Commander***



General Sahir Shamshad Mirza, HI (M), Chairman, Joint Chiefs of Staff Committee of Pakistan (Chairman, JCSC, Pakistan) called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 10 February 2023 at the Army Headquarters. The Chairman JCSC, Pakistan was warmly welcomed to the Army Headquarters following the military formalities. Their friendly discussion was focused on bilateral matters of concern to the Sri Lanka Army and the Pakistan Armed Forces including training modules, security in the region and other matters of general interest.

## ***Indian High Commission's Assistant Defence Advisor met Army Commander***



The Assistant Defence Advisor to the High Commission of India, Lieutenant Colonel Puneet Sushil had a meeting with Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 6 February 2023 at the Army Headquarters. The cordial meeting shared the views on matters of bilateral importance and training. They also recalled sound and historic relations that exist between both militaries and underlined the need to further foster such relations.

At the end of the cordial interactive meeting, the Commander of the Army presented a memento to the visiting Assistant Defence Advisor.

## ***Saudi Embassy's Defence Attaché called on Army Commander***



New Delhi-based Staff Brigadier General (Dr.) Mohammad Essa H Alhrbi, Military Attaché of the Embassy of Saudi Arabia for India and Sri Lanka during a visit to Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 2 February 2023 at the Army Headquarters. Commander of Army exchanged views with Staff Brigadier General (Dr.) Mohammad Essa H Alhrbi on bilateral issues of concern and other matters of general importance. The cordial talks culminated with the exchange of mementos.



## *Defence Attaché in Embassy of Turkey met Army Commander*

The Defence Attaché in the Embassy of the Republic of Turkey in India, accredited to Sri Lanka, Infantry Staff Colonel Servt Okumus during a visit to Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 3 February 2023 at the Army Headquarters at Sri Jayewardenepura.

During the cordial interaction both of them exchanged views on matters of bilateral importance, security interests, prevailing bonds of trade and commerce between both countries and other matters of mutual relevance. Infantry Staff Colonel Servt Okumus is also accredited to Maldives, Nepal and Sri Lanka as the Defence Attaché.



## *Nepal's Defence Attaché called on Army Commander*

Colonel Ram Chandra Khatry, Defence Attaché, Embassy of Nepal in Sri Lanka paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 3 February 2023 at the Army Headquarters. During the cordial exchange the two authorities shared the views on prevailing bilateral relations between both countries with gratitude and recalled historical bilateral ties of years.

Towards the end of the brief interaction, Commander of the Army awarded a memento to Colonel Ram Chandra Khatry as a token of goodwill and understanding.



## *Chief of the Naval Staff of Pakistan met Army Commander*

The Chief of the Naval Staff of the Pakistan Navy, Admiral Muhammad Amjad Khan Niazi NI (M), S BT, during his four-day long goodwill visit called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 27 February at the Army Headquarters.

Commander of the Army and Chief of the Naval Staff of the Pakistan Navy had a cordial meeting and exchanged views on bilateral matters of concern to both the Sri Lanka Army and the Pakistan Navy.

Discussion was also focused on security in the region and other related issues.

After the culmination of the discussions, the delegations appeared for a group photograph together with Senior Officers. Major General S U M N Manage WWV RWP RSP psc Director General General Staff and Major General S W M Fernando WWV RWP RSP VSV USP ndc psc Military Secretary also participated in the discussion.





## *CISM run flagged off with hundreds of Tri-Service Officers*



Smartly-lined up more than 300 of tri-service members joined the 'Conseil International du Sport Militaire' (CISM) run on 18 February 2023 to mark the World Military Day of the CISM at Air Force ground in Colombo. General G D H K Gunarathne (Rtd) Secretary to Ministry of Defence headed the event together with Chief of Defence Staff, Army, Navy and Air Force Commanders and tri-service Senior Officers. CISM run which began at Air Force ground covered a distance of about 4 km. One hundred personnel representing each service Army, Navy and Air Force, together with tri-service Commanders added a special significance to the event, and symbolised the international recognition of sports capabilities of the Armed Forces in Sri Lanka. 40 Officers and 60 Non-commissioned Officers from Sri Lanka Army participated in the event. Also, each participant received a certificate. The Commander of the Army was also associated with the distribution of certificates.

The International Military Sports Council founded on the 18 February 1948 in Nice, France is one of the largest multidisciplinary organisations in the world. CISM organises various sporting events for the armed forces of its 140 member countries and is one of the global sports organisations, in which the largest number of disciplines is represented. Soldiers, who may previously have met on the battlefield, meet in friendship on the sports playing field. This is in accordance with the philosophy and the ideals which were set in CISM's mission statement in 1998, signed by all the member countries.

The vision of the CISM endorses friendship amongst soldiers and the CISM is the worldwide international military sport organisation devoted to bringing together armed forces personnel from all nations through sports activities, thus enabling the physical training, military readiness and education for the armed forces. The CISM's General Secretariat is located in Brussels.

## *'Story of the World' presented to Army Commander*

Colonel M B B N Herath RSP Director Media at the Ministry of Defence presented a copy of the 'Story of the World: Geopolitical Alliances and Rivalries Set in Stone', to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 6 February 2023.

The book elaborates the current developments in the field of geopolitical alliances and rivalries focusing mainly on most prominent facets of those political and ground realities vis-a-vis emergence of new fronts in the global political arena. The book closely reviews those trends and documents and new alliances. Accepting the copy of schoolmate of Vijaya College, Matale, Commander of the Army expressed the happiness for his entry into the field of authoring books of timely importance.





## Chief of Staff visited SLLI Battalions



Major General C D Weerasuriya RWP RSP ndu the Chief of Staff of the Sri Lanka Army and Colonel of the Regiment of Sri Lanka Light Infantry made a field visit to 4 Sri Lanka Light Infantry Regiment on 21 January 2023 as his first visit after assumption of new appointment as the Colonel of the Regiment. Lieutenant Colonel W D D R Weerapura RWP RSP USP Commanding Officer, 4 Sri Lanka Light Infantry Regiment warmly welcomed Chief of Staff of the Sri Lanka Army to the premises amid the military formalities. Major General C D Weerasuriya RWP RSP ndu the Chief of Staff of the Sri Lanka Army has also served as 12th Commanding Officer of 4 Sri Lanka Light Infantry in Keeragolla. Addressing the troops, Chief of Staff of the Sri Lanka Army also conducted a thought provoking troop address on the future of the Sri Lanka Army as a disciplined soldier. Also, Major General C D Weerasuriya RWP RSP ndu the Chief of Staff of the Sri Lanka Army visited 6 Sri Lanka Light Infantry Regiment after visiting 4 Sri Lanka Light Infantry Regiment. Major P K G P S Gannoruwa Commanding Officer, 6 Sri Lanka Light Infantry Regiment warmly welcomed Chief of Staff of the Sri Lanka Army. The visits has been mainly set with the objectives of receiving updates on operational, administrative, training and other perspectives of battalions and also to aware on essential needs of officers and soldiers serving in Battalions





## ***Newly commissioned Officers/Lady Officers visited Sri Lanka Army Volunteer Force Headquarters***



Newly commissioned Officers and Lady Officers under the Officer Cadet Course No 61, 61A, and Lady Officer Cadet No 18 visited Sri Lanka Army Volunteer Force Headquarters on 10 January 2023. Major General W A S S Wanasinghe RSP VSV USP ndu Commandant, Sri Lanka Army Volunteer Force graced the event as the Chief Guest. The ceremony accorded for the first time, in the history of the Sri Lanka Army Volunteer Force. The Commandant addressed the newly commissioned Officers highlighting the importance of honesty, integrity and devotion as an Officer. Further, they were educated on the basic procedures, core values, proud history and long-held traditions of the Army. At the culmination, the Commandant presented a token of memorabilia to the participants.

## ***Director General General Staff visited Security Force Headquarters (Jaffna)***



Major General S U M N Manage WWV RWP RSP psc Director General General Staff (DGGS), visited the Security Forces Headquarters (Jaffna) on 24 January 2023. Major General D B S N Bothota RWP RSP USP psc Commander, Security Force (Jaffna) warmly welcomed the Director General General Staff in accordance with military formalities.

Afterwards, the Director General General Staff had a discussion at the conference hall of Security Forces Headquarters (Jaffna) with the participation of Major General D B S N Bothota RWP RSP USP psc Commander, Security Force (Jaffna), General Officer Commanding, 51 Infantry Division, General Officer Commanding, 52 Infantry Division, Commander Forward Maintenance Area (North), Brigadier General Staff, Brigadier (Admin and Quartering), Brigade Commanders, Brigadier Coordinating (Volunteer), Commanding Officers of affiliated Battalions and Senior Officers of Security Forces Headquarters (Jaffna).

During the discussion, Senior Officers of each military establishments presented the matters related to operations and trainings which required prompt actions. After the event, Director General General Staff paid a visit to Ammo Dump – Kankasanthurai, Battalion Training School – Vidaththalpalai and 12 (Volunteer) Vijayabahu Infantry Regiment – Iyakachchi.



## *Indian Consul General visited Jaffna*



Consul General of India to Sri Lanka in Jaffna met Major General D B S N Bothota RWP RSP USP psc the Commander Security Forces (Jaffna) on 19 February 2023. The team of Indian delegations was warmly welcomed. During the cordial interactions, the two parties discussed the facts to improve the reconciliation among the communities as a foundation for everlasting peace. Senior Officers, Officers and Officials in the Consul General of India to Sri Lanka also attended the meeting.

## *Ambassador of the Netherlands visited Jaffna*



Her Excellency Bonnie Horbach, Ambassador of the Kingdom of the Netherlands to Sri Lanka paid a courtesy visit to the Security Forces Headquarters (Jaffna) on 25 January 2023. The Ambassador was warmly welcomed to the Security Force (Jaffna) premises. During the cordial meeting the Commander of Jaffna and Her Excellency Bonnie Horbach exchanged views on civil-military cooperation, social welfare projects, development assistance and the reconciliation process. In compliance with the customary formalities, mementoes were exchanged as tokens of appreciation at the end of the meeting.

## *The Special Reserve Platoon Course No 03 successfully culminated*



On the direction of Major General C D Ranasinghe RWP RSP Commander Security Force (Wanni), the Special Reserve Platoon Course - No 03 was conducted at Battalion Training School, Pampaimadu from 19 December 2022 to 24 January 2023. The troops of 21, 54, 56, 62 and 65 Infantry Divisions participated in the course.

The curriculum of the course included with lectures and practical sessions on handling of GPS, martial arts, self-defence methods, unarmed combat, VIP protection, introduction to explosives and demolition, handling of weapons, search and rescue operations, firing, rules of engagement, special operation procedures, and internal security. Commander, Security Forces (Wanni) conducted the course conducting the closing remarks. Brigadier (Administration and Quartering), Security Force (Wanni), Colonel General Staff, 56 Infantry Division, Senior Officers, Officers, and Other Ranks witnessed the event.



## ***Commander, Security Force (Wanni) visited 54 Infantry Division***



Major General C D Ranasinghe RWP RSP Commander, Security Force (Wanni) visited the 54 Infantry Division in Mannar on 11 January 2023. Major General W W H R R V M N D K B Niyangoda RWP RSP USP ndu psc General Officer Commanding, 54 Division warmly welcomed the Commander, Security Force (Wanni) on behalf of troops of the 54 Infantry Division. During the visit, Commander, Security Force (Wanni) paid tribute to the memory of fallen War Heroes at the monument in the 54 Infantry



Division Headquarters and addressed the troops during his visit. Thereafter, the Commander Security Forces (Wanni) engaged in an observation tour at Silawatura. Major General W W H R R V M N D K B Niyangoda RWP RSP USP ndu psc General Officer Commanding, 54 Division and Officers participated in.

## ***Security Force (East) troops organised a donation programme for infirm monks***

Troops of Security Force Headquarters (East) organised a medicine and necessary equipment donation programme to a temple of infirm monks at Sri Bodhirukkarama Temple on 27 January 2023 with the blessing and direction of Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Force (East). The items were donated by Mrs. Yasomi Pathirage, Inoka Kariyawasam - resident of Australia under the coordination of Miss. Shashikala Gunarathne from Dahamli Foundation and Miss. Nadee Amarasinha from Manusath Hadawath Foundation. Colonel T S B R Fernando the Chief Coordinator of Civil Affairs, Security Force Headquarters (East) coordinated the event. Wheel chairs, electronic equipment, bed sheets and medicine were donated during the programme.



Major General S R K Hettiarachchi RWP RSP USP ndu psc Commander, Security Force (East) graced the occasion as the Chief Guest. Chief Coordinator of Civil Affairs, Security Force Headquarters (East) with Other Ranks attended to the programme.



## Commander Security Force (East) made his maiden visit to Eastern Naval Command



The Eastern Naval Command extended warm welcome to Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander Security Forces (East) during his first formal visit to the Eastern Naval Command after assuming duties of the Commander of Security Forces (East) on 10 February 2023.

During the meeting, the Eastern Naval Area Commander and Security Forces (East) Commander exchanged views on several matters of mutual importance. The discussion was focused on security in the eastern territory and related other issues. This was also the first official interaction between the newly appointed Army and Navy Commanders of the eastern area.

Then Commander Security Forces (East) observed SLNS Sagara Offshore Patrol Vessel and Sri Lanka Naval and Maritime Academy Trincomalee. The cordial meeting culminated with an exchange of mementos, symbolising cooperation and goodwill.

## "Sri Rohana Janaranjana Deshamanya" conferred for the Commander of Security Forces (East)



Dehiwatta Sirivaddana Rajamaha Viharaya belonging to the Sri Lanka Amarapura Mulavanshika Maha Nikaya offered Sri Rohana Janaranjana Deshamanya to Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander Security Force (East) for the great service performed for the development under various obstacles sacrificing efforts, wealth, and time to save and develop the Dehiwatta Sirivaddana Rajamaha Viharaya on 18 February 2023 with the coordination of Kalavane Kosala Tissa thero of Dehiwatta Sirivaddana Rajamaha Viharaya. Rajakeeya Panditha Mahopagya Most Venerable Ahungalle

Wimaladamma Thissa Thero, Maha Nayaka of the Sri Lanka Amarapura Mulavanshika Maha Nikaya handed over the "Sri Rohana Janaranjana Deshamanya" Honorary Patriotic Title Award. Major General S B Amunugama RWP RSP ndu Commander, 22 Infantry Division also received the same honorary title. Several other lay devotees were also given the honorary title of "Buddha Sasana Deshamani".

## Commander, 1 Corps visited the Commando Brigade

Major General S U M N Manage WWV RWP RSP psc Commander 1 Corps made a formal visit to the Headquarters, Commando Brigade on 18 January 2023. He was welcomed presenting a traditional Guard Turnout at the Brigade Headquarters by Brigadier V M N Hettiarachchi RWP RSP the Commander, Commando Brigade. In addition, the Commander 1 Corps attended as the Chief Guest of the graduation ceremony of the Hostage Rescue and Counter Terrorist (HR & CT) Course No 30 conducted by 4 Commando Regiment.





## *Security Force (Mullaitivu) distributed school accessories*



Major General U D Wijesekera RWP RSP USP rcds psc Commander, Security Force (Mullaitivu) distributed school accessories and scholarships among 28 deserving students resided at 59, 64 and 68 Infantry Division on 9 February 2023. The charity event was implemented under the coordination of General Officer Commanding, 68 Infantry Division. Buddhist monks representing the Sri Lanka-Japan Nippon Educational and Cultural Centre extended the financial generosity for the charity work.

The troops under command to the 682 Infantry Brigade organised the distribution ceremony in their camp on the directions of the Commander, 682 Infantry Brigade. Sponsoring monks, Senior Officers, Officers, Other Ranks and civilians attended the distribution programme.

## *Commander, Security Force (Mullaitivu) conducted a familiarisation visits*

Major General U D Wijesekera RWP RSP USP rcds psc Commander, Security Force (Mullaitivu) conducted a familiarisation visit to the Forward Maintenance Area (Mullaitivu) and it's under command units at the invitation, after assuming the duties on 10 February 2023.

During his visit, he addressed the troops and inspected 7 Sri Lanka Army Ordinance Corps, 6 Sri Lanka Army Service Corps, and 16 Corps of Engineer Services camps. Also, Commander, Security Force (Mullaitivu) visited 64 Infantry Division on 20 January 2023. Major General H W K N Iriyagama RWP RSP General Officer Commanding, 64 Infantry Division warmly welcomed the Commander, Security Force (Mullaitivu) and engaged in a discussion with Commanders of under command Brigades. Further, he inspected camps located in Karapaddamrippu, Tattayamlei, Mannakandal.





## ***Mechanized Infantry Regiment celebrated victorious 16th anniversary***



The Mechanized Infantry Regiment celebrated its 16th anniversary on 11 February 2023 at the Regimental Centre with the participation of Major General D M K D B Pussella RWP RSP Colonel of the Regiment, Mechanized Infantry Regiment.

After accepting a Guard turnout, Colonel of the Regiment paid his tribute to the fallen War Heroes at the War Heroes' monument following a colourful military parade comprised with Infantry Carrying Vehicles (ICVs) and Armoured Personnel Carriers (APCs).

Further, he attended for a sapling planting, Regimental Council, all ranks lunch. All-night pirith chanting following a colourful procession and an alms-giving were also held to invoke the blessings on the Mechanized Infantry Regiment.

## ***Recruit Training Course No 107 successfully culminated***



The passing out parade of Recruit Training Course No 107 was successfully held under the patronage of Major General D M K D B Pussella RWP RSP Commander, Security Force (West) on 21 January 2023. The Recruit Training Course No 107 initiated on 20 July 2022 and concluded on 21 January 2023 at Sri Lanka Infantry Training School, Boossa.

## ***Security Force (West) conducted Security Coordinating Conference***



A coordinating conference was held on 15 February 2023 following the instructions of Major General D M K D B Pussella RWP RSP Commander, Security Force (West). The coordinating conference focused on security, cleaning, and maintenance of Army Cantonment in detail. Brigadier K V N P Premaratne RSP USP psc Brigadier General Staff, Security Force (West) graced the event with the participation of Centre Commandants of all Regiments and with the Commanding Officers.



## *Pakistan's Chairman, JCSC visited Nuwaraeliya*

General Sahir Shamshad Mirza, HI (M), Chairman, Joint Chiefs of Staff Committee of Pakistan (Chairman, JCSC, Pakistan) who is on a five-day long goodwill tour to Sri Lanka, visited Nuwaraeliya on 11 February 2023.

Major General W R M M Rathnayake RWP RSP USP ndu Commander, Security Force (Central) warmly welcomed the delegations.

General Sahir Shamshad Mirza and the delegation visited Pidurutalagala Transmitting Station, and enjoyed a delicious lunch at Grand Hotel

Nuwaraeliya. The official meeting culminated exchanging mementoes. Commander, 112 Infantry Brigade and Senior Officers also joined the event.



## *Security Force (Central) troops educated on Psychology*



The Security Force (Central) organised a valuable lecture on 'Positive thinking, working with a free mind and spending a good family life' on 26 January 2023 at the Sri Lanka Volunteer Force Training School, Diyatalawa under the guidance of Major General W R M M Rathnayake RWP RSP USP ndu Commander, Security Force (Central).

The lecture was conducted by Mrs. Ama Dissanayake Psychology Counsellor. Brigadier General Staff, Security Force (Central) attended the event as the Chief Guest. Officers and Other Ranks serving in Security Force (Central) participated in the programme.



## ***The Chief Signal Officer visited 9 Regiment Sri Lanka Signal Corps***



Major General H M L D Herath RSP VSV USP psc Chief Signal Officer and the Colonel Commandant of Sri Lanka Signal Corps (SLSC), visited 9th Regiment Sri Lanka Signal Corps, Iranamadu on 12 February 2023 as his final official visit after assuming duties as the Chief Signal Officer and the Colonel Commandant of Sri Lanka Signals Corps. Lieutenant Colonel B M M B Herath RSP USP the Commanding Officer, 9th Regiment Sri Lanka Signal Corps warmly welcomed Chief Signal Officer offering him a ceremonial Guard Turnout at the entrance. Subsequently, the Chief Signal Officer declared open the newly renovated auditorium, gymnasium and library complex and addressed all ranks.

## ***Deputy Centre Commandant SLAVF visited to 16 (Volunteer) Gemunu Watch***



Major General M T K R Silva KSP Deputy Centre Commandant, Sri Lanka Army Volunteer Force visited 16 (Volunteer) Gemunu Watch on 16 February 2023. The troops of 16 (Volunteer) Gemunu Watch warmly welcomed the Centre Commandant, Sri Lanka Army Volunteer Force to the 16 (Volunteer) Gemunu Watch premises. After friendly interactions with the Officers and Other Ranks, the meeting was culminated with the memento exchanged.

## ***Awareness programme on perennial export crops at Ranaviru Apparel***



On the direction and guidance of Brigadier M G A N B Mahathuwakkara RWP RSP ndc the Commandant of Ranaviru Apparel, the Human Resource Department organised a workshop at camp premises on "Cultivation of Export crop" with the support of Department of Export Agriculture in Gampaha district for Officers and Other Ranks of Ranaviru Apparel, Yakkala on 25 January 2023.

Mr. Nalaka Kushantha Project Officer, Mrs. Wathsala Bandara Project Officer and Mrs. Lakshmi Hansika Development Officer provided the much needed expertise knowledge on the subject. The programme enhanced knowledge on the cultivation of perennial export agricultural crops such as Cinnamon, Pepper, Betel and Betel nut and this included the annual crops of Ginger and Turmeric including cultivation, selection and identification of most suitable crops for garden cultivation, land preparation, increasing productivity and quality of products, methods and means to increase land productivity and produce quality products, availability of certified seeds and plant varieties.



## Basic Agriculture Course successfully culminated



Certificates awarding ceremony for the candidates who had followed the Basic Agriculture Course No 6 was held under the patronage of Lieutenant Colonel A S B Hapuwinna USP psc Commanding Officer, 6 Sri Lanka Corps of Agriculture and Livestock on 5 December 2022. The course was concluded on 5 December 2022 at Agriculture and Livestock School, Kilinochchi.

In addition, Regimental badges were also awarded for the candidates during the same event. Lieutenant Colonel D L C N Muttanthrige Commanding Officer, Agriculture and Livestock School, Kilinochchi Officers and Other Ranks participated in the event. Candidates were educated on organic farming, multi corps cultivation, food security, tools and equipment and animal husbandry during the course.

## New house built for another War Hero

The Sri Lanka Light Infantry Regiment (SLLI) under its 'Ranaviru Hisata Nawa Sewanak' (A new shelter to a War Hero) project, built a new house for Lance Corporal Sisira Kumara DMC of 3 Sri Lanka Light Infantry Regiment resided in Hemagamadawa, Iwala, Bibila.

Major General G M N Perera RWP RSP USP ndc General Officer Commanding, 12 Infantry Division ceremonially warmed the new house to the beneficiary on 20 January 2023 in a simple ceremony. Major H M A H B Herath Commanding Officer, 3 Sri Lanka Light Infantry and several Officers and Other Ranks participated in the simple house warming ceremony.



## 22 Infantry Division donated school accessories for school children



Under the direction of Major General S B Amunugama RWP RSP ndu General Officer Commanding, 22 Infantry Division, with the fullest effort and supervision of Brigadier N H Malsinghe RWP RSP psc Commander, 222 Infantry Brigade, and close monitoring of Colonel C Wanniarachchi Commanding Officer, 5 Sri Lanka Artillery Regiment, 5 Sri Lanka Artillery organised a school stationery and other essential equipment donation programme for 100 school children at Sooriyapura Mahaweligama School on 14 February 2023. A total worth of Rs 2 million school stationery items including special snack packs were distributed among the school children. Blissful Minds Association provided the generosity for this charity work.



## ***5 (V) SLAWC celebrated its 24th anniversary***

A series of programmes were organised from 5 to 10 February 2023 to celebrate the 24th anniversary of the 5 Volunteer Battalion Sri Lanka Army Women's Corps. Anniversary celebrations were held giving prominence to religious functions and activities with the guidance of Lieutenant Colonel W H S Hettiarachchi RSP USP Commanding Officer, 5 Volunteer Battalion Sri Lanka Army Women's Corps. Boodi Pooja programme was held on 5 February 2023 at the temple of Headquarters Security Force (East). The almsgiving programme was held on 6 February



2023 at the Battalion Headquarters premises with the participation of 7 monks around Walikanda area. A volleyball tournament was also held on 7 February 2023 to enhance sisterhood among the soldiers.

The anniversary celebrations culminated on 10 February 2023 with a colorful Guard Turnout and a ceremonial parade accorded to Commanding Officer of the Battalion. All rank lunch, musical show were also held at the playground in the battalion premises. The Commanding Officer, Second in Command, and Officers of the Battalion, and all Other Ranks participated in the programmes.

## ***Method of Instructions Course No 63 at CTS started***



The Method of Instructions Course No 63 at Ampara Combat Training School (CTS) initiated on 8 February 2023 by Brigadier R P Minipura RWP RSP Commandant, Combat Training School, Ampara with the opening address for candidates and instructors of the Combat Training School. The Method of Instructions Course No 63 will culminated on 4 March 2023. Directorate of Research and Concept Development supervise the course. 200 candidates were selected for the course from both Regular and Volunteer Forces.

## ***61 Infantry Division troops received inspirational inputs***



The Officers and Other Ranks serving under the 61 Infantry Division in Boossa listened to a lecture on 'A Contended and Brave Soldier', delivered by Lieutenant Colonel R M H P K Rathnayake General Staff Officer 1, Directorate of Psychological Operations. Lieutenant Colonel E A A S Chaminda Chief Editor of Ranaviruwa Magazine and Major H M S H Bandara, General Staff Officer II (Intelligence), Directorate of Psychological Operations were also conducted thought-provoking lectures at the Sri Lanka Light Infantry Training School, Boossa on 22 February 2023. A total number of 19 Officers and 285 Other Ranks, including the General Officer Commanding, 61 Infantry Division listened to the lecture sessions.



## ***51 Mannar students recieved free school aids***



541 Infantry Brigade troops of the 54 Infantry Division launched a programme to distribute school bags and accessories, each pack worth over Rs. 3000.00 for 26 students studying at R C T M College in Kallayadi, and 25 students at R C T M College, Nochchikulam, during a simple occasion on 9 January 2023. The charity programme was made possible through the kind patronage, offered by People's Bank, Welikanda, together with Mr. D S Felix, Mr. Rumesh Ubayasiri, and Mr. Michael Ubayasiri, Principal, tutorial staff and science section students at Galle Richmond College through the coordination of the 541 Infantry Brigade.

Major General W W H R R V M N D K B Niyangoda RWP RSP USP ndc psc General Officer Commanding (GOC), 54 Infantry Division graced the event as the Chief Guest. Several Senior Officers, Officers, Other Ranks, principals and tutorial staff participated in the programme.

## ***613 Infantry Brigade celebrated its 12<sup>th</sup> anniversary***



613 Infantry Brigade marked its 12th anniversary on 20 January 2023 launching several programmes under the guidelines of Brigadier K V I L Jayaweera USP Commander 613 Infantry Brigade. In line with the anniversary, 613 Infantry Brigade launched a noble programme by offering delicious lunch and providing gift packs to the children at 'Neth Nena' Orphanage, Matara on 19 January 2023. Besides the charity programmes several entertainment events were also organised. Senior Officers, Officers, Other Ranks and Staff of the orphanage participated in the event with the blessing of the Commander, Security Force (West) and the General Officer Commanding, 61 Infantry Division.

## ***Colombo Army Hospital gave away gifts to newborns***

The Directorate of Management and Maintenance at the Colombo Army Hospital in collaboration with the People's Bank Narahenpita Branch gifted cash and gift parcels to the mothers who had given birth to infants during the period from 1 February 2023- 14 February 2023 on account of the National Independence Day ceremony. Accordingly, 14 newborns of Army parents, each received Rs. 2000.00 in new bank deposits in addition to a parcel of essentials, each to the value of Rs. 8,000.00 during the brief ceremony held on 2 February 2023 at the Colombo Army Hospital.



Brigadier J J Withanachchi RWP USP Director, Directorate of Management and Maintenance at the Colombo Army Hospital and Mrs. W A N Piyaseeli Manager, People's Bank, Narahenpita as Chief Guests presented those incentives to those mothers. Director, Army Hospital-Colombo, Senior Officers, Officers, Other Ranks and their families participated in the event.



## ***111 Infantry Brigade, turned 12 years old***



The 111 Infantry Brigade located at Diyatalawa celebrated its 12th anniversary amidst religious rituals and military formalities on 30 January 2023 under the guidance of Brigadier T M R B Rathnayake RWP RSP Commander, 111 Infantry Brigade. In line with the anniversary, troops cleaned the Elders' Home at Pihibiyahena and offered delicious refreshments and lunch to the residents coupled with an entertaining musical session on 24 January 2023. Also, troops attended an almsgiving (Kiriya Pooja) and a 'Pirith' chanting at the Temple of Tooth, Kandy and visited the 'Jaya Sri Maha Bodhi' and 'Ruwanweli Stupa' in Anuradhapura, and invoked the blessings for serving troops and the wounded. Further, the troops welcomed the Commander, 111 Infantry Brigade greeting a colourful Guard Turnout. The event culminated with dancing to the tunes of rhythmic musical melodies.

## ***144 Infantry Brigade celebrated 10th anniversary***



The 144 Infantry Brigade Headquarters at Akuregoda under the 14 Infantry Division commemorated its 10th anniversary amidst religious rituals and military formalities during 31 January 2023 - 1 February 2023 under the supervision of Brigadier K M V Kodithuwakku Commander, 144 Infantry Brigade. The anniversary celebrations were inaugurated with a formal Guard Turnout, presented to the Brigade Commander in conformity with military traditions and bestowed merits on fallen War Heroes and injured and serving troops. In addition, an almsgiving was made to monks at Wijayasumanaramaya Temple, Battaramulla and the anniversary events culminated with all-rank tea arranged at the Privates' Mess. The General Officer Commanding, 14 Infantry Division, Officers and Other Ranks participated in the event.

## ***A generous donation from 571 Infantry Brigade***



571 Infantry Brigade organised a programme to distribute school bags and accessories for the soldier parents and civil staff who are serving at the 571 Infantry Brigade on 17 January 2023. 30 parents benefited from this programme. Officers and Other Ranks witnessed the distribution programme.



## ***Drinking water facility for Shanthipuram village***



Troops of 54 Infantry Division in coordination with a Canada-based donor installed a Reverse Osmosis (RO) plant for purification of drinking water for 125 families at Shanipuram who have been suffering without access to drinking water for a long time on 14 February 2023.

Mr. Kosala Kariyawasam, a businessman residing in Canada provided the required monetary assistance and troops of the 4 Vijayabahu Infantry Regiment took responsibility of the installation.

Most Rev. Dr Emmanuel Fernando, Bishop of Mannar inaugurated the newly-installed Reverse Osmosis (RO) together with Commander, 543 Infantry Brigade, Officers, Other Ranks and beneficiaries participated in the inaugural occasion.

## ***3 (Volunteer) Sri Lanka Army Corps of Agriculture and Livestock celebrated 2nd anniversary***



3 (Volunteer) Sri Lanka Army Corps of Agriculture and Livestock located at Kandakadu celebrated its 2nd anniversary on 10 February 2023 following a series of events organised under the patronage of Lieutenant Colonel B M T A Beddewela RSP psc IG Commanding Officer, 3 (Volunteer) Sri Lanka Corps Agriculture and Livestock. Special Bhoddhi Pooja was held at Somawathie Temple premises and offered milk foods following the Bhoddhi Pooja. The anniversary celebrations were included with troop address, all rank tea party, a cricket match, and musical show.

## ***19 Gemunu Watch celebrated 14th anniversary***



14th anniversary of 19 Gemunu Watch which was scheduled on 12 January 2023 was held with series of programmes with the participation of Officers and Other Ranks on 9 January 2023. During the anniversary events Special Bhoddhi Pooja was held at Sri Sambhuddhi Viharaya, Kokilaya to invoke the blessings for deceased War Heroes. A Guard Turnout for the Commander, 19 Gemunu Watch, a cricket match and musical show coloured the anniversary events. An all rank lunch culminated the anniversary events.



## *A coordinating conference with Grama Niladharis at Mannr*



With the intention to enhance the understanding and cooperation with the civil authorities, a coordinating conference was held with the participation of Grama Niladharis serving at the Area of Responsibility of 12 (Volunteer) Regiment of Artillery and 10 (Volunteer) Gemunu Watch on 19 and 20 January 2023. During the conference the Grama Niladharis were made aware on civil military cooperation activities conducted by Sri Lanka Army for the benefit of the community. The meeting was focused to reduce the issues arose in between military and civil authorities when conducting a social welfare project in the areas. 45 Grama Niladharis representing Mantheyi -West, Nanattan, and Mannar Divisional Secretariat attended the conference.

## *6 SLNG gifted shoes for students in Udayarkattu*



6 Sri Lanka National Guard under command to 682 Infantry Brigade gifted pairs of school shoes to 7 needy students residing in Udayarkattu area on 5 February 2023 after inviting them to the camp premises.

The voluntary contribution was made possible by all Officers and Other Ranks of the 6 Sri Lanka National Guard. Each pair was worth Rs. 3,500.00. The project was carried out under the supervision of Major W M D S Dissanayake Commanding Officer, 6 Sri Lanka National Guard on the instructions of Commander, 682 Infantry Brigade.

## *Colonel Commandant, SLCMP visited 4 Sri Lanka Military Corps*



At the invitation of Major K A Indrajith Commanding Officer 4 Sri Lanka Corps of Military Police, Major General A L Illangakoon Colonel Commandant, Sri Lanka Military Corps of Military Police visited 4 Sri Lanka Corps of Military Police on 20 January 2023. During the visit Colonel Commandant, Sri Lanka Corps of Military Corps addressed the troops and then participated in all rank tea party. A sapling was also planted in remembrance of his visit at the premises.



## ***Commander, Forward Maintenance Area (East) visited 24 Infantry Division***



Major General M W T C Meththananda USP Commander, Forward Maintenance Area (East) visited 24 Infantry Division on 13 February 2023. During the visit, Commander, Forward Maintenance Area (East) had a conference on administrative matters, together with Officers in 24 Infantry Division and its under command brigades and battalions on 13 February 2023 at the 24 Infantry Division Headquarters premises in Ampara. General Officer Commanding, 24 Infantry Division, respective Brigade Commanders and Commanding Officers of battalions participated in the discussion.

## ***First anniversary of War Collage celebrated***



Army War College, the highest establishment of military training, celebrated its first anniversary on 6 December 2022 giving prominence to both religious observances and military formalities. An all-night 'Pirith Chanting' followed by 'Heela Dana' (alms giving) was held under the guidance of Brigadier Y M A B Yahampath RWP RSP ndu psc Centre Commandant, Army War College.

Also, the Commandant, Army War College planted a sapling of 'Bael' in the AWC premises as a token of memory and addressed the troops subsequently. The anniversary celebration also included with an all rank lunch. Programme was brought to an end with a musical event.

## ***Strength for courageous school children from Sri Lanka Army***



School accessories were distributed among 30 deserving school children who are studying at Grade 1,2,3,4 and 5 at H/Sri Devananda National School conference hall on 18 February 2023 with the generosity extended by Lieutenant Colonel K A S Gunawardhana RWP RSP USP Commanding Officer, 23rd Gajaba Regiment under the supervision of Commander, 122 Infantry Brigade.



## 57 Infantry Division gifted dry rations to 'Good Shepherd Orphanage'



57 Infantry Division initiated a community programme to distribute dry ration packs among 40 deserving children residing at Good Shepherd's Convent, Mankulam on 8 February 2023 after visiting their doorstep in the presence of Major General J P C Peiris RWP RSP ndc General Officer Commanding, 57 Infantry Division who graced the event as the Chief Guest.

This was enabled through the financial contribution of Rs. 100,000.00, provided by Mr. Gopal Niroshan, the owner of Arubul Animal Farm, Selvanagar. The project was organised and conducted jointly by 573 Infantry Brigade troops and troops of 9 Vijayabahu Infantry Regiment under the close supervision of Commander, 573 Infantry Brigade, and Commanding Officer, 9 Vijayabahu Infantry Regiment.

## 12 Infantry Division gifted school aids to Sooriyawewa students



12 Infantry Division with sponsorship received from a business enterprise coordinated a project to distribute packs of educational accessories and school equipment, each worth Rs. 1600.00 among 320 students studying at Hathporuwa secondary school in Sooriyawewa on 5 February 2023. The staff at Harsha Tailors, Kadawatha offered their generosity towards the project by sponsoring the total cost for those accessories and equipment.

The Commander, 122 Infantry Brigade and the Commanding Officer 3 Sri Lanka National Guard closely supervised and organised the project under the guidance of General Officer Commanding 12 Infantry Division.

## Celebrating 75th Independence Day at 11 SLSR



In line with the 75th Independence Day, series of charity programmes were launched by 11 Sri Lanka Sinha Regiment on 4 February 2023. Major D M N Pathmasiri Commanding Officer 11 Sri Lanka Sinha Regiment raised the National Flag and remembered the all fallen War Heroes who sacrificed their lives for the betterment of the country. Also, a cricket match was organised at the premises with the participation of Officers and Other Ranks.



## *Army War College inaugurated courses for 2023*



Senior Command Course and Junior Command Course and Junior Staff College conducted by Army War College to enhance professional knowledge and competencies to assume responsibilities with sound understanding on command, staff and administrative functions and procedures were initiated on 2 January 2023. The Army War College conducts these courses with the expertise assistance of relevant fields. The candidates of the courses are also included with the observation tours during the course curricula to enhance their knowledge on the related matters on the terrain.

## *Troops educated on prevention of sexually transmitting diseases*



Under the instruction of Major General S B Amunugama RWP RSP ndu General Officer Commanding, 22 Infantry Division, staff Officers of the 22 Infantry Division organised a lecture regarding the prevention of sexually transmitted diseases in parallel to Wednesday training programme at 22 Infantry Division Headquarters on 8 February 2023.

This lecture intended to educate troops on sexually transmitted diseases and prevention methods. Doctor R A Devaraj Medical Officer in charge of the Sexually Transmitted Diseases Clinic of General Hospital Trincomalee and the Public Health Inspector of the area Mr. P Jagan conducted the lecture. All Officers and Other Ranks of the 22 Infantry Division participated in this valuable lecture session.

## *58 Infantry Division celebrated 14th anniversary*



The 58 Infantry Division celebrated its 14th anniversary at the Division Headquarters in Puttalam with the patronage of Major General W T W G Ihalage RWP RSP psc ptsc General Officer Commanding, 58 Infantry Division on 3 January 2023. The ceremony included with Pirith chanting, an almsgiving for 50 monks. In addition to that, dry rations were donated for 50 venerable monks at Sri Gnanodaya Pirivena – Kivula. During the anniversary events, ceremonial Guard Turnout was accorded to General Officer Commanding, 58 Infantry Division. Newly constructed Other Ranks accommodation opening was also held before the, troops address and all ranks tea at Headquarters 58 Infantry Division.





*" Mobile dental care for 'Viru Kekulu' pre-school kids*



Army Seva Vanitha Unit managed 'Viru Kekulu' pre-school in Manning Town held a mobile dental care clinic in collaboration with Link Natural Pvt Ltd on 28 February 2023. The inauguration of the project, named 'Sudantha Samaga Viru Kekulu Muwahasareli' was graced by the Mrs. Janaki Liyanage the President, Army Seva Vanitha Unit together with Link Natural Pvt Ltd representatives and a gathering of invitees.

A total of 150 kids were examined for oral health, dental care and treatment during the mobile clinic. Also, Dr Sakunthala Gunawadana, a dental specialist delivered a lecture on 'oral health' before the dentists and medical staff began the clinic.



Necessary medical advice and instructions were also given to the parents of the kids at this pre-school during the programme. Afterwards, representative members of Link Natural Pvt Ltd, distributed packs of essentials, educational tools and stationery among kids of the Manning Town 'Viru Kekulu' preschool.

Mr. Nishantha Paranagama, Marketing Director of Link Natural Pvt Ltd, representatives of Link Natural Pvt Ltd, Chairperson, Sri Lanka Army Service Corps Seva Vanitha Branch, Chairperson, Corps of Engineer Services Seva Vanitha Branch, Chief Supervising Officer of Diyathalawa 'Viru Kekulu' preschool, Senior members of the Army Seva Vanitha Unit and parents participated in the project.



## ***President, Army Seva Vanitha Unit visited 'Viru Kekulu' pre-school***



Mrs. Janaki Liyanage President, Army Seva Vanitha Unit (ASVU) in order to review the progress of learning practices and administrative matters visited the Army Seva Vanitha Unit managed 'Viru Kekulu' pre-school and Day Care Center located at Palkelele on 21 February 2023 at the request of Mrs. Thushara Aluwihare senior member, Army Seva Vanitha Unit. After observing the progress of the pre-school President, Army Seva Vanitha Unit instructed the pre-school administration for the further improvements.

Further the President, Army Seva Vanitha Unit visited the new building which houses the Army Seva Vanitha Unit Cafeteria near the Army Base Hospital at Palkelele.

## ***SLSR Seva Vanitha Branch gifted school accessories for students***



The Sri Lanka Sinha Regiment Seva Vanitha Branch organised a donation of school accessories for the children of fallen War Heroes and deserving children among wounded War Heroes, children of serving personnel and civil staffs of the Sri Lanka Sinha Regiment on 13 February 2023 in Ambepussa. Mrs. Janaki Liyanage President of Army Seva Vanitha Unit graced as the Chief Guest of the programme at the invitation of Mrs. Omila Jayawardena, Chairperson of Sri Lanka Sinha Regiment Seva Vanitha Branch.

During the project school bags and books were donated for 1365 students among 595 families of



Sri Lanka Sinha Regiment. The worth of this donation of Rs. 2,000,000.00 was shared by Senior Officers, Officers of Sri Lanka Sinha Regiment and the members of Sri Lanka Sinha Regiment Seva Vanitha Branch. Brigadier M P N A Muthumala USP psc Centre Commandant, Sri Lanka Sinha Regiment, Brigadier Coordinating, Army Seva Vanitha Unit, Deputy Centre Commandant, Sri Lanka Sinha Regiment, Officers and Other Ranks attended the event.



## ***Sri Lanka Armoured Corps Seva Vanitha Branch interacted with 'Mihindu Seth Madura' War Heroes***



With the objective of uplifting the spirits of differently-abled War Heroes and inquiring into their well-being, Dr. (Mrs) Harshini Bothota Chairperson, Sri Lanka Armoured Corps Seva Vanitha Branch, together with the Major General D B S N Bothota RWP RSP USP psc Colonel Commandant, Sri Lanka Armoured Corps and Commander, Security Force (Jaffna) and members of the Sri Lanka Armoured Corps Seva Vanitha Branch visited the 'Mihindu Seth Medura' wellness resort at Attidiya on 28 January 2023. They visited the wards and interacted with those War Heroes and offered gift parcels. At the same occasion, the visitors gifted a 32" LED TV to the wellness resort for the use of those inmates. A musical programme at the end of the visit further entertained those War Heroes.

## ***Sri Lanka Signal Corps Seva Vanitha Branch held a blood donation***



In order to replenish most vital blood stocks at Apeksha Hospital, Maharagama the Sri Lanka Signal Corps Seva Vanitha Branch organised a blood donation campaign on 8 February 2023 at Sri Lanka Signal Corps Regimental Center, Panagoda.

The project was initiated by Mrs. Shashika Herath Chairperson, Sri Lanka Signal Corps Seva Vanitha Branch. More than 100 Army personnel willingly offered blood during the project. Doctors, and medical teams from the Blood Bank at Apeksha Hospital assisted in making the event a success.

## ***Sri Lanka Light Infantry Regiment Seva Vanitha Branch gifted school accessories***



The Sri Lanka Light Infantry Regiment Seva Vanitha Branch donated school accessories to children at Meegoda Naduhena Mahabodhi Child Development Centre on 11 February 2023 as one more welfare project. After the donation, a delicious lunch was also offered to them. Mrs. Danusha Weerasuriya Chairperson, Sri Lanka Light Infantry Regiment Seva Vanitha Branch, Center Commandant of Sri Lanka Light Infantry Regiment Center, Senior Officers, Officers, members of the Sri Lanka Light Infantry Regiment Seva Vanitha Branch and Other Ranks participated in the event.



## ***Gemunu Watch Seva Vanitha Branch held a Bhodhi Pooja***



A special Bodhi Pooja Pinkama, organised by the Gemunu Watch Seva Vanitha Branch took place on 15 January 2023 at Bellanwila Raja Maha Vihara. Invocation of blessings to fallen War Heroes and serving members of the Gamunu Watch and civil employees occurred during the programme. Mrs. Ruwini Lamahewa Chairperson, Gemunu Watch Seva Vanitha Branch members participated in the occasion.

## ***Vijayabahu Infantry Regiment Seva Vanitha Branch gifted essentials for school students***



The students of the Sri Sucharitha Dhamma School in Katuwapathwewa Bodhirukkaaramaya temple received essential school items, from Mrs. Kumudu Manage Chairperson, Vijayabahu Infantry Regiment Seva Vanitha Branch on 12 February 2023. Major General S U M N Manage WWV RWP RSP psc Colonel of the Regiment Vijayabahu Infantry Regiment, and all other Senior Officers of the Vijayabahu Infantry Regiment were associated with the occasion.

## ***Mechanized Infantry Regiment Seva Vanitha Branch visited Abhimansala- Pangolla***



The Mechanized Infantry Regiment Seva Vanitha Branch conducted its annual visit to Pangolla 'Abhimansala' Wellness Resort on 21 January 2023 in order to inquire into the well-being of resident War Heroes. Mrs. Himali Pussella Chairperson, Mechanized Infantry Regiment Seva Vanitha Branch graced the event as the Chief Guest. During the visit, Mechanized Infantry Regiment Seva Vanitha Branch gifted essentials to each resident War Hero and few more special gifts to the 'Abhimansala' management. Members of Mechanized Infantry Regiment Seva Vanitha Branch, along with Senior Officers, Staff Officers and Other Ranks participated in the event.



## ***Special Forces Regiment Seva Vanitha Branch built a home for fallen War Hero***

Mrs. Nayani Samanthi Senarath Yapa Chairperson, Special Forces Seva Vanitha Branch, initiated a project to complete a partly-built house of a War Hero who accidentally passed away due to a sudden illness while following the Special Forces Basic Course at the Special Forces' Training School at Maduruoya. The project was conducted according to the directions of Major General D G S Senarath Yapa RWP RSP ndu Deputy Chief of Staff and Colonel of the Regiment, Special Forces. The philanthropist,



Mr. Tiron Priyantha Mendis through the coordination of the Special Forces Seva Vanitha Branch provided the required monetary assistance of Rs. 550,000.00 for the completion of the house with technical and labour support of the Special Forces members. The completed new house was warmed and handed over to the next of kin of late Special Force soldier during a simple ceremony in the presence of the Chairperson, Special Forces Regiment Seva Vanitha Branch and Colonel of the Regiment, Special Forces. Several Senior Officers, Officers and Other Ranks were present at the event.

## ***Military Intelligence Corps Seva Vanitha Branch conducted an alms giving at Ambalangoda***



The Military Intelligence Corps, Seva Vanitha Branch launched its monthly almsgiving programme at Warusavithana Elders' Home at Ambalangoda on 29 January 2023 under the guidance of Mrs. Manori Salley Chairperson, Military Intelligence Corps, Seva Vanitha Branch. 20 inmates resided at the Warusavithana Elders' Home received all 3 meals on the day. Several Senior Officers, Officers and Other Ranks participated in the event.

## ***Sri Lanka Army Ordnance Depot gifted uniforms and school accessories***



Distribution of school uniforms and accessories was held at the Sri Lanka Army Depot at Veyangoda on 8 February 2023. 54 school children of Other Ranks and civil staff were benefited from the programme. The programme launched under the coordination of Sri Lanka Army Ordnance Seva Vanitha Branch and Colonel R A C Rupasinghe Ato Colonel Commandant of Sri Lanka Army Ordnance Corps. Several Senior Officers, Officers and Other Ranks participated in the event.





## Let's heal Diabetes with the miracle of Diet

**D**iabetes Mellitus is one of the major non communicable disease, involves inappropriately elevated blood glucose levels. The major 3 categories of Diabetes Mellitus are type 1 Diabetes Mellitus, type 2 Diabetes Mellitus and Gestational Diabetes. Type 1 Diabetes is mostly present in children or adolescents, while Type 2 Diabetes is common among middle-aged and older adults who have prolonged hyperglycemia due to poor lifestyle and dietary choices.

In Sri Lanka, one in five adults has either diabetes or prediabetes. Also, one-third of those with diabetes are undiagnosed. According to the World Bank data, it almost has shown 11.6% of prevalence among population ages 20- 79 years in Sri Lanka.

Unhealthy diet, physical inactivity, obesity, smoking, harmful use of alcohol and stress are major barriers in controlling diabetes. So healthy food choices play a critical role in controlling diabetes. Whether someone is trying to prevent or control diabetes, their nutritional needs are nearly similar to everyone else's, therefore, no special foods are required. However, it is critical to be mindful of your food choices.

A healthy diet consists with

macronutrient, micronutrient and water. Our body needs all of them to function properly. The key is it should be a balanced diet. When it comes to the diet, quantity, quality and the timing are the most important factors.

Sri Lankan culture is mainly rely on a high carb diet. When calculating the amount of carbohydrate consumed by a typical Sri Lankan person, it is around 70%. That is much higher than the recommended amount of daily carbohydrate requirement.

Be smart on your diet

- Focus on whole grain carbs instead of starchy carbs as they are high in fiber and digested slowly, keeping blood sugar levels more even.
- Serving size and type of carbohydrate are the key of modulating diabetes. Serving size is an individualized key factor.
- Reduce your consumption of refined carbohydrates such as refined rice, white bread, pasta, and as well as soda, candy, and snack foods.
- Focus on complex carbohydrates with high fiber content, such as brown rice, parboiled rice, whole grain pasta, and bran flakes, which are also known as slow-release carbs. They digest more slowly, preventing your body from producing excessive insulin.
- Limit other carb-heavy foods (Ex: yams, starchy vegetables) at the same meal.
- Try with vegetables as your first bite in the plate and then enjoy with other foods of the meal.
- Make the dessert healthier by including some healthy fat which helps to lower the blood sugar level spike by adding foods high in healthy fats, such as peanut butter, cheese, yogurt, or nuts.
- Reducing your sweet cravings by gradually reducing the sugar at a time

by giving your taste buds time to adjust.

- Take fruit as a whole rather than a juice. If you are a diabetes patient, you are not allowed to take high portion of fruits. Try to limit the consumption of banana, grapes, dates, plums, bail fruit. Guava, gooseberry, papaya, melon, avocado are more safe to eat for Diabetes patient.
- Mindful eating - Mindful eating it will help you to avoid finishing a packet of cookies or a huge piece of cake. Make your indulgence count by eating slowly and paying attention to the flavors and textures. You'll enjoy it more, and it helps less likely to overeat.
- Limit soft drinks, soda, and juice. Try water with lemon or lime instead. avoid creamers and sweeteners you add to tea and coffee.
- Make a habit of checking food labels for low sugar products especially concern on the sugar content of cereals and sugary beverages.
- You can boost sweetness with mint, cinnamon, nutmeg, or vanilla extract instead of sugar.
- Limit alcohol as much as you can and its better to have a vegetable salad just before the drink.

An interesting fact is, even a 5% - 10% weight loss can helps you to lower your blood sugar by improving the insulin sensitivity. Losing weight and eating healthier can also improve your mood, and overall sense of well-being. reducing the daily sedentary time especially just after meals will greatly help to fight over Diabetes.

There's no miracle diet to cure a disease. Yet we should be smart enough to get the miracle from each and every food. Therefore, a diabetic diet is all about diet and more about your overall lifestyle behaviors rather than obsessing over specific foods.

*Lieutenant Irosha Hettiarachchi  
Registered Dietitian & Nutritionist*





# Suicide, Myths and Facts

'Suicide' is a word that we are shocking in our day-to-day events when heard. Even recently we experienced several suicide deaths around the country in different ages. Actually what this suicide means and why people tend to suicide is a question which always comes to our mind.

## What is Suicide?

According to the National Institute of Mental Health (NIMH) suicide is defined as death caused by self-directed injurious behaviour with the intent to die as a result of the behaviour. Meantime they further explain, a suicide attempt is a non-fatal, self-directed, potentially injurious behaviour with the intent to die as a result of the behaviour. A suicide attempt might not result in injury. Simultaneously they explain Suicidal ideation as to thinking about, considering, or planning suicide.

## Risk factors

When we discuss suicide, further need to identify the risk factors. Some people have suicidal tendencies from their genetics. It's called predisposing factors. When those predisposing factors combined with following reasons, risk of suicide is increasing within people.

## Why people tend to Suicide?

**Mental disorders:** people with mental disorders are having some high risk of suicide specially border line, depression, bipolar etc.

**Stress with trauma:** Undergoing trauma can expressively affect for it at any stage in life. Childhood trauma, like bullying, sexual abuse, separation etc. having significant long-term risk in suicide.

**Fear of loss:** break down of love, separation, missing, too much intimacy etc.

**Hopelessness:** repetitive negative feeling and hopeless or pessimistic feeling can raise the suicidal thoughts.

**Chronic illness or pain:** illnesses like Cancer, Kidney disease, HIV /AIDS etc.

**Rejection:** love, school, parents, friends, job or any

**Social isolation:** social isolation due to divorce, prisoning, shift to new location, social rejection may





create low self-esteem among individuals

**To seek Attention:** to show or give message to someone

**Abuses:** Abuses in home, school, work place, parents, subordinates

**Identity:** identity of gender, race, orientation in sexual preferences, age, etc. includes risk of suicide. Women attempt suicide more often than men.

## Myths

If someone wants to die; there is no way to stop it. But it's a baseless statement. Since there are many ways and means to heal the person and support to get his previous joyful life.

People who talk about suicide are not going to do it. No, if anyone talking about suicide and "you will realise by seeing my death tomorrow", or "I want to die I don't have any other way" statements need to pay attention. Since those include serious warning signs.

Anyone who tries suicide must be crazy. All suicides are not psychotic reasons like mania etc. It is the mentality and extreme conditions of the poor coping, distress and helplessness feeling.

Those who die due to suicide is unwilling to seek help. No one needs to die early, but unfortunately, some life events or incidents create such. Many people try to avoid it with different options, but when all those fail or not received the expected outcomes then they seek it as a final option.

Talking about suicide gives an idea to someone for suicide. It's not giving someone



suicidal ideas by chatting about suicide. Having open conversations about suicide honestly about thoughts and feelings will help to save a life.

## What are the signs of someone with a risk of suicide?

We must understand sometimes it's not easy to say someone is in signs of suicide. Some people show everything is okay and do it secretly at times they are struggling. It means that even though someone seems happy and ok even having a risk of suicide.

But with the following type of signs, we can identify someone who may be suicidal

- Too much angry
- Too much stress
- Too much quiet
- Irritability
- Irritability
- Quit social interactions
- irritability of mood and behaviour
- Seeming fatigued
- Lack of attention
- Staying away from loved ones
- Quit pleasurable activities
- Unusual focus on death
- feeling guilt
- shame
- elf-hatred
- Avoiding meals
- Making out a will
- Less sleep or more sleep
- talking about suicide or death
- Unusual or unexpected visits or calls
- an attempt of self-harm

are some of them.

Especially people with suicidal thoughts are not expressing it as they don't understand how to express it. Meantime they feel that talking about suicide is troublesome.

## Are all with suicidal thoughts needed to die?

No, they don't need to die; sometimes they are seeking attention for their issues from someone or some group. Most of the time they are seeking relief from their psychological or physical pain when they are helpless or have no other option to see.

What we can do?

**Talk to them:** Talk to them and make them feel they are not alone.



**Listen to them:** Let him or her tell everything in the mind, even cry.

**Be sympathetic and non-judgmental:** show your sympathy but don't have any judgments with the explanations of the person at the time.

**Offer hope:** show him or her that there are ways to overcome this situation. Let him or her understand the value of life.

**Take the person seriously:** don't laugh at them showing you are serious with their concern. Build trust with them then they will open up more. Show your empathy with emotional support.

Remove any lethal means from the home

Finally, take them to a qualified mental health care partner for further psychological treatments or counseling.

But never do following things

**Arguing with them:** The thing you did is not right etc. talks.

**Giving promises (like I will do it for you etc.):**

conversations like, I will go on behalf of you and ask her why she did it.

**Giving options (showing ways):** conversations like, I will tell you what to do.

**Act shocked:** questions with shocked mood. oh what you did. How did you do it?

**Sworn to secrecy:** like I will protect your privacy, I will not tell anyone.

This is a glimpse of suicide and its identification factors. But this will help you all to know something about suicide and its behaviour in the society where we are experiencing now day to day.



By Captain Nisal Rukshan SLSR  
Sri Lanka Sinha Regiment

## 11 Infantry Division celebrated 13th anniversary



The 11 Infantry Division located at Pallekele celebrated its 13th anniversary amidst religious rituals, military formalities and community services under the guidance of Major General S R B Aluvihare RWP RSP ndu psc General Officer Commanding (GOC), 11 Infantry Division during 14 and 15 February 2023. In line with the anniversary, troops visited the Temple of Tooth in Kandy and offered a 'Kiri Ahara Pooja' (milk food) with the intention of invoking merits on fallen War Heroes. The anniversary celebration was included with a colourful Guard Turnout, troop address, distribution of dry rations to the 'Biso Menike Dambawinna Elders' Home at Theldeniya, Kandy. The event culminated with an all rank lunch.

## Troops of 5 Vijayabahu Infantry Regiment cleaned Sri Pada walk way



Troops of 5 Vijayabahu Infantry Regiment cleaned the roadsides to the most sacred path to Sri Pada including the plastics and litters left by the pilgrims on 26 January 2023. The community programme was launched under the supervision of Commander, 581 Infantry Brigade and General Officer Commanding 58 Infantry Division following the guidance of Commander, 1 Corps.





## What happened with cavalry?

Historically, cavalry are soldiers or warriors who fight mounted on horseback. Cavalry was divided into light cavalry and heavy cavalry. The differences were their roles in combat, the size of their mounts, and how much armour was worn by the mount and rider. Light cavalry was used in the roles of reconnaissance, screening, and skirmishing, while heavy cavalry for decisive shock attacks. Cavalry had the advantage of improved mobility. An individual soldier in the cavalry is known by a number of designations depending on era and tactics, such as cavalryman, horseman, trooper, cataphract, knight, hussar, uhlan, cuirassier, lancer, dragoon, or horse archer. The designation of cavalry was not usually given to any military forces that used other animals for mounts, such as camels or elephants. Infantry who moved on horseback, but dismounted to fight on foot, were known in the early 17th to the early 18th century as dragoons, a class of mounted infantry which in most armies later evolved into standard cavalry while retaining their historic designation.

Horses were domesticated in approximately 4000 BCE. Cavalry techniques, and the rise of

true cavalry, were an innovation of equestrian nomads of the Central Asian and Iranian steppe. The power of mobility given by mounted units was recognized early on, but was offset by the difficulty of raising large armies and by the inability of small horses to carry heavy armour. Nonetheless, there are indications that, from the 15th century BCE onwards, horseback riding was practised amongst the military elites of the great states of the ancient Near East, most notably those in Egypt, Assyria, and the Hittite Empire. The earliest known saddle-like equipment were fringed cloths or pads with breast pads and cruppers used by Assyrian cavalry around 700 BCE.

Before the Iron Age, the role of cavalry on the battlefield was largely performed by light chariots. The chariot originated from Central Asia and spread by nomadic or semi-nomadic Indo-Iranians. The chariot was quickly adopted by settled peoples both as a military technology and an object of ceremonial status, especially by the pharaohs of the New Kingdom of Egypt from 1550 BCE as well as the Assyrian army and Babylonian royalty. By 331 BCE when Alexander the Great defeated the





Persians the use of chariots in battle was obsolete in most nations. However, chariots remained in use for ceremonial purposes such as carrying the victorious general in a Roman triumph, or for racing. In 307 BCE, King Wuling of Zhao, ordered his commanders and troops to adopt the trousers as well as practice of mounted archery of the nomads to hone their new cavalry skills. The adoption of massed cavalry in China also broke the tradition of the chariot-riding Chinese aristocracy in battle, which had been in use since the ancient Shang dynasty (c.1600–1050 BCE).

During the classical Greek period cavalry were usually limited to those citizens who could afford expensive war-horses. The role of horsemen did however remain secondary to that of the heavy infantry who comprised the main strength of the citizen levies of the various city states. The cavalry in the early Roman Republic remained the preserve of the wealthy men who could afford the expense of maintaining a horse in addition to arms and armour heavier than those of the common legions. Horses were provided by the Republic and could be withdrawn if neglected or misused, together with the status of being a cavalryman. Roman cavalry during the early Republic functioned as an adjunct to the legionary infantry and formed only one-fifth of the standing army. The most widespread employment of heavy cavalry at this time was in the armies of the Iranian empires, the Parthians and the Sassanians. Both were famed for the cataphract, fully armoured cavalry armed with lances, even though the majority of their forces consisted of lighter horse archers. Later the Romans would successfully adapt such heavy armour and cavalry tactics by creating their own units of cataphracts. In the army of the late Roman Empire, cavalry played an increasingly important role. During the 4th and 5th centuries the decline of the Roman infrastructure made it more difficult to field large infantry forces, and cavalry began to take a more dominant role on the European battlefield, also in part made possible by the appearance of new, larger breeds of horses, and

the replacement of the Roman saddle by variants on the Scythian saddle, with pommel and cantle.

As the quality and availability of heavy infantry declined in Europe with the fall of the Roman Empire, cavalry became more effective and increasingly armoured, and eventually evolving into the mounted knights of the medieval period. As heavy cavalry increased in importance, it became the main focus of military development. The arms and armour for heavy cavalry increased, the high-backed saddle was developed, and stirrups and spurs were added, increasing the advantage of heavy cavalry even more. A stirrup is a light frame or ring that holds the foot of a rider, attached to the saddle by a strap. Stirrups are usually paired and are used to aid in mounting and as a support while using a riding animal. The earliest foot support was a toe loop that held the big toe and was used in India late in the second century BCE. Later, a single stirrup was used as a mounting aid, and paired stirrups appeared after the invention of the treed saddle. The paired stirrups was invented in China by the early 4th century, and appeared to be in widespread use across China by 477. By the late 6th or early 7th century, primarily due to invaders from Central Asia, stirrups began spreading across Asia to Europe. By the 8th century stirrups began to be adopted more widely by Europeans.

Heavy cavalry, such as Byzantine cataphracts and knights of the Early Middle Ages in Europe, were used as shock troops, charging the main body of the enemy at the height of a battle, and in many cases their actions decided the outcome of the battle. Infantry that lack the cohesion and discipline of tight formations are more susceptible to being broken and scattered by shock combat, which rose to become the dominant force on the European battlefield. But well-trained and disciplined infantry could defeat knights. Once the Swiss developed their pike squares for offensive as well as defensive use, infantry started to become the principal arm. The introduction of missile weapons that required less skill than the longbow,





such as the crossbow and hand cannon, also helped remove the focus somewhat from cavalry elites to masses of cheap infantry equipped with easy-to-learn weapons. Ironically, the rise of infantry in the early 16th century coincided with the "golden age" of heavy cavalry. A French or Spanish army at the beginning of the century could have up to half of its numbers made up of various kinds of light and heavy cavalry, whereas in earlier medieval and later 17th-century armies the proportion of cavalry was seldom more than a quarter. From the 1550s onwards, the use of gunpowder weapons solidified infantry's dominance of the battlefield and began to allow true mass armies to develop. Heavily armoured cavalymen were expensive to raise and maintain and it took years to train a skilled horseman or a horse, while arquebusiers and later musketeers could be trained and kept in the field at much lower cost, and were much easier to recruit. The Spanish *tercio* and later formations relegated cavalry to a supporting role. The pistol was specifically developed to try to bring cavalry back into the conflict, together with manoeuvres such as the *caracole*, but it was not particularly successful.

During the 17th century, cavalry in Europe discarded most of its armour, which was ineffective against the muskets and cannons that were coming into common use, and by the mid-18th century armour had mainly fallen into obsolescence, although some regiments retained a small thickened cuirass that offered protection against lances, sabres, and bayonets. Even with the increasing prominence of infantry, cavalry still had an irreplaceable role in armies, due to their greater mobility. Their non-battle duties often included patrolling the fringes of army encampments, with standing orders to intercept suspected shirkers and deserters as well as serving as outpost pickets in advance of the main body. During battle, lighter cavalry such as hussars and uhlans might skirmish with other cavalry, attack light infantry, or charge and either capture enemy artillery or render them useless by plugging the touch-holes with iron spikes. Heavier cavalry such as cuirassiers, dragoons, and carabinieri usually charged towards infantry formations or opposing cavalry in order to rout them. Both light

and heavy cavalry pursued retreating enemies, the point where most battle casualties occurred. Cavalry's dominating and menacing presence on the battlefield was countered by the use of infantry squares. Massed infantry, especially those formed in squares were deadly to cavalry, but offered an excellent target for artillery. Once a bombardment had disordered the infantry formation, cavalry were able to rout and pursue the scattered foot soldiers. It was not until individual firearms gained accuracy and improved rates of fire that cavalry was diminished in this role as well.

By the outbreak of World War I in 1914, all combatant armies still retained substantial numbers of cavalry and the mobile nature of the opening battles on both Eastern and Western Fronts provided a number of instances of traditional cavalry actions, though on a smaller and more scattered scale than those of previous wars. Once the front lines stabilised on the Western Front with the start of Trench Warfare, a combination of barbed wire, uneven muddy terrain, machine guns and rapid fire rifles proved deadly to horse mounted troops and by early 1915 most cavalry units were no longer seeing front line action. For the remainder of the War on the Western Front cavalry had virtually no role to play. The British and French armies dismounted many of their cavalry regiments and used them in infantry and other roles. A combination of military conservatism in almost all armies and post-war financial constraints prevented the lessons of 1914–1918 being acted on immediately. The 1920s saw an interim period during which cavalry remained as a proud and conspicuous element of all major armies, though much less so than prior to 1914.

In the interwar period many cavalry units were converted into motorized infantry and mechanized infantry units, or reformed as tank troops. The cavalry tank or cruiser tank was one designed with a speed and purpose beyond that of infantry tanks and would subsequently develop into the main battle tank. The British Army mechanised all cavalry regiments between 1929 and 1941, redefining their role from horse to armoured vehicles to form the Royal Armoured Corps together with the Royal Tank Regiment. During the 1930s the French Army experimented with integrating mounted and mechanised cavalry units into larger formations. Dragoon regiments were converted to motorised infantry, and cuirassiers to armoured units, while light cavalry remained as mounted sabre squadrons. The theory was that mixed forces comprising these diverse units could utilise the strengths of each according to circumstances. In practice mounted troops proved unable to keep up with fast moving mechanised units over any distance.

While most armies still maintained cavalry units at the outbreak of World War II in 1939, significant mounted action was largely restricted to the Polish, Balkan, and Soviet campaigns. Rather than charge their mounts into battle, cavalry units were either used as mounted infantry or as reconnaissance



units. The last cavalry vs. cavalry mutual charge in Europe took place in Poland, when Polish and German cavalry units clashed with each other. The last classical cavalry charge of the war took place on March 1, 1945. Infantry and tanks had been employed to little effect against the German position, both of which floundered in the open wetlands only to be dominated by infantry and antitank fire from the German fortifications on the forward slope of a hill overlooking the wetlands. The Germans had not taken cavalry into consideration when fortifying their position which, combined with the Polish cavalry swift assault, overran the German anti-tank guns and consolidated into an attack into the village itself, now supported by infantry and tanks.

Most cavalry units that are horse-mounted in modern armies serve in purely ceremonial roles, or as mounted infantry in difficult terrain such as mountains or heavily forested areas. With the development of armoured warfare, the heavy cavalry role of decisive shock troops had been taken over by armoured units employing medium and heavy tanks, and later main battle tanks. Despite horse-born cavalry becoming obsolete, the term cavalry is still used, referring in modern times to units continuing to fulfil the traditional light cavalry roles, employing fast armoured cars, light tanks, and infantry fighting vehicles instead of horses.

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Mr. Keido Kurubeg  
Estonia

## 54 Infantry Division planted cashew saplings at Talladi



To mark the 75th Independence Day and to support the on-going governmental efforts to promote the Green Agriculture Project, the 54 Infantry Division launched a programme to plant 500 cashew saplings inside the camp premises at Talladi with the participation of Officers and Other Ranks of the Division.

This programme was organised on the directions of Major General W W H R R V M N D K B Niyangoda RWP RSP VSV USP ndu psc General Officer Commanding, 54 Infantry Division and the inaugural phase commenced by planting 100 saplings in an extent of 1 acre on the Independence Day.





## **"The Sri Lanka Army holds a unique position among the most satisfying workplaces"**

**Major General (Rtd) Tissa Jayasuriya VSV USP Hdmc**

*Major General Tissa Jayasuriya VSV USP Hdmc (Rtd), one of the most senior engineering officers who served in the Sri Lanka Army, was also the first Logistic Commander of the United Nations Peacekeeping Force sent to Haiti in year 2004. He has completed 35 years of unblemished service record in the Sri Lanka Army. He is also a senior officer who has gained a lot of valuable experience as the Chairman of the Technical Evaluation Committees appointed by the Ministry of Defence and the Army Headquarters to purchase essential vehicles, accessories and machinery for the Sri Lanka Army. He also has served as the First Director General Electrical and Mechanical Engineering and Director General Army Industrial Projects. After retiring from the Sri Lanka Army, he has worked as a consultant in the administrative department of Brandix Apparels (Pvt.) Ltd. During his long military career, he has demonstrated his skills in sports specially in the fields of athletics, squash and badminton. This feature article was compiled based on an interview conducted with this senior officer for the enjoyment of all the 'Ranaviruwa' readers regarding the various experiences he had during his outstanding Army career.*

**Question:-** Tell us something about your work and the experience you got there in the United Nations mission sent from Sri Lanka to Haiti in 2004?

**Answer:-** Yes, of course it was a lifetime experience. To explain it more simply, in the year 2004, Lieutenant General Lionel Balagalla who was the Commander of the Army at that time, provided an opportunity for one of our Infantry battalions of the Sri Lanka Army to go to Haiti for peacekeeping operations. Even though there was a conflict in the country and with financial difficulties and challenges, he was strong on his view that a Sri Lanka Army Infantry battalion should be sent to Haiti. Accordingly, I was selected as the Logistic Commander of the United Nations Peacekeeping Operations Battalion to Haiti. Initially, we were entrusted with the responsibility of organising the troops, training them as per the UN standards, prepare the contingent own equipment within a very short time. I was given the responsibility of organising all logistics activities, including selection and procurement of vehicles, equipment and tentage, refurbishment and up gradation of available vehicles and equipment to the UN standards, obtaining necessary approvals for goods to be transported by air and sea, prepare COE with all available vehicles and equipment for the UN pre-deployment inspections prior to departure, once we obtained the approval/clearance from the UN Pre-Deployment



Inspection team arranged air and sea passage.

**Question:-** What are the benefits we get as a country by sending its troops to a UN Peacekeeping Mission?

**Answer:-** In fact, there are many advantages that a country can gain by sending its troops for such peacekeeping operations. The main advantage is the financial benefits we get in foreign currency. In my opinion, one of the main sources of foreign exchange earnings for countries like Bangladesh, Nepal, Pakistan and India are through the deployment of their troops in UN Missions. Each soldier who participates in this kind of peacekeeping operations received over 1000 US dollars per month for their contribution. The United Nations reimbursed the Sri Lankan Government for the provision of self-sustainment goods and services, COE as per the rates agreed at the time of signing the Memorandum of Understanding with the UN. So, by deploying a full equipped battalion the country will be able to obtain more than 2 million US dollars per month as reimbursement from the UN. Further, the Sri Lankan soldiers were able to interact with the members of the armies of other countries of the world. They were highly recognised and accepted by other troops as a friendly nation with rich heritage and hospitality. I am sure this will help to boost our tourism industry. The most important thing is that our soldiers, were able to gain financial benefits, UN training, personal development and be able to find a careers after retirement.

**Question:-** If you could say something about your feeling about the opportunity you got to join the first team sent to Haiti for a United Nations Peacekeeping Mission?

**Answer:-** I consider myself as one of the luckiest Officers in the Army and of course that was a golden opportunity that I got as the Logistic Commander of the first UNPKO battalion to Haiti. I was able to interact with senior Officers of other armies and gained invaluable experience working with them. Though it was tough and challenging at the initial stages, with commitment and of course with the help of all officers and men in the Army, I was able to full fill my responsibilities. I also had the opportunity to assist the Sri Lanka Army in subsequent UN peacekeeping deployments in Lebanon, South Sudan and Mali through my experience and knowledge, I gained a lot during the initial deployment in Haiti. I was one of the members in the initial reconnaissance parties to Haiti in year 2004 and to South Sudan in year 2013. I also had the opportunity to head the Sri-Lankan delegation, which was sent to Haiti in year 2015, to inspect all equipment, vehicles and accommodation and to have discussions with UN authorities prior to repatriation of the SL-UNPKO battalion. I also had the opportunity to visit few other countries during my vacation.

**Question:-** You once contributed to a special project to restore and preserve the caravan known as 'Sobana Maligawa' used by Sir Anagarika Dharmapala in this country, didn't you?

**Answer:-** Yes, in the year 2002, when I was working as the Commandant -Army Base Workshop Katubeddha, Major General Neil Dias-Chairman, Army Buddhist Association at that time, introduced me to President of Mahabodhi Society Ven Banagala Upatissa Nayaka Thera and Nalandarama Viharadhipathi - Ven Palitha Thera.

On the request made by the Chairman Army Buddhist Association and with the approval of the Commander of the Army, we were able to bring the remains of the caravan chassis and part of the engine which was in a dilapidated condition to the base workshop. This was the vehicle used by the Late Anagarika Dharmapala Thera to traverse the length and breadth of the country for his missionary activities. We were able to design, repair and refurbish the "Sobana Maligawa" to its original state. Soldiers attached to the Katubedda base workshop -SLEME worked tirelessly to make this worthwhile project a success. Tissa Ginaseena (Ginaseena Company) and Rajeev Hewavitharana assisted me to complete this project without any cost to the Army. The repaired "Sobana Maligawa" in motorable state first exhibited to the public in year 2003 on the 138th birth anniversary of Ven Anagarika Dharmapala Thera. It was exhibited on the streets from Panadura to Maradana and also at Dharmapala Vidyalaya-Pannipitiya, Vidyakara Vidyalaya, Anula Vidyalaya, Vishaka Vidyalaya, Ananda Vidyalaya etc. and finally handed over to Mahabodhi Trust Office in Maradana on 17th Sep 2003.

**Question:-** What is your contribution towards National development projects and other important projects in Sri Lanka?

**Answer:-** During the conflict lot of innovations and modifications were done by the Army Electrical and Mechanical Engineering unit to support the Infantry and other troops. We were able to design and fabricate Armoured protection vehicles (Unicorn & Buffel), improve the protection and other aspects of vehicles, busses, water bowlers, ambulances, gun mounted vehicles to name a few. Even during the Humanitarian Operations EME troops have contributed immensely using their skills to defeat terrorism in this country which was lasting for a period of almost three decades.

Also, during my tenure as the Director General of the Electrical and Mechanical Engineering, I was able to contribute for a few National Development Projects, such as Diyatha Uyana garden tents, restaurants, construction of Bus stand- public shades during "CHOGEM" (International Conference), construction of more than 20 Public pola sites, fabricated and modified two air-



conditioned Land Rover jeeps for the use of His Holiness the Pope during his official visit to and restoration of buildings etc.

**Question:** - Can you describe the goals you achieved during your 35-year career and the support you received from the Sri Lanka Army in achieving those achievements?

**Answer :-** Yes indeed, I must say that the Sri Lanka Army is a wonderful place to work, especially all my achievements in military career, training and experience gained during my service was the key factor of my success and I received immense support from all Officers and men of the Army and the guidance received from my seniors need to be mentioned here. I was able to be qualified in repair maintenance of automobile engineering, specialised in armoured fighting vehicles, guns and equipment. I was able to participate in lots of sports events and win medals and laurels.

I was able to visit many countries during my long military careers and gained lot of experience.

If you are well trained, committed to the task, be able to win the trust of your senior officers by performing your duties and responsibilities, you can enjoy your life in the Army and achieve your objectives in life. "Success" is the result of preparation, hard work and learning from failure.

After retiring from the Army, I was able to join the cooperate sector and perform well. I look back with a sense of pride as also utmost gratitude for those who guided me and must remember here that all my achievements in my life were primarily influenced by the training and experience I received from the Sri Lanka Army.



By  
Lieutenant Duminda Senarath  
2(V) SLAGSC  
Directorate of Media  
Army Headquarters.

## Schools in Mannar got school incentives and gift parcels



A combined sponsorship, offered by three donor agencies at the request of the 542 Infantry Brigade provided gift parcels and school accessories to 34 students at Thambapanni Sinhala Maha Vidyalaya and Pannivettuwan Primary School located in Mannar area on 18 February 2023 along with a lunch treat. Those beneficiaries received essential school aids and gift parcels, each worth Rs. 5,000.00 during a simple ceremony at Pannivettuwan Primary School. DSI Pvt Ltd, SALOTA International Company and State Printing Corporation extended the financial generosity worth of Rs. 170,000.00. The General Officer Commanding, 54 Infantry Division attended the distribution ceremony as the Chief Guest. Representatives of donor agencies, Officers, Other Ranks, Principals with members of the teaching staff of both schools participated in the project.

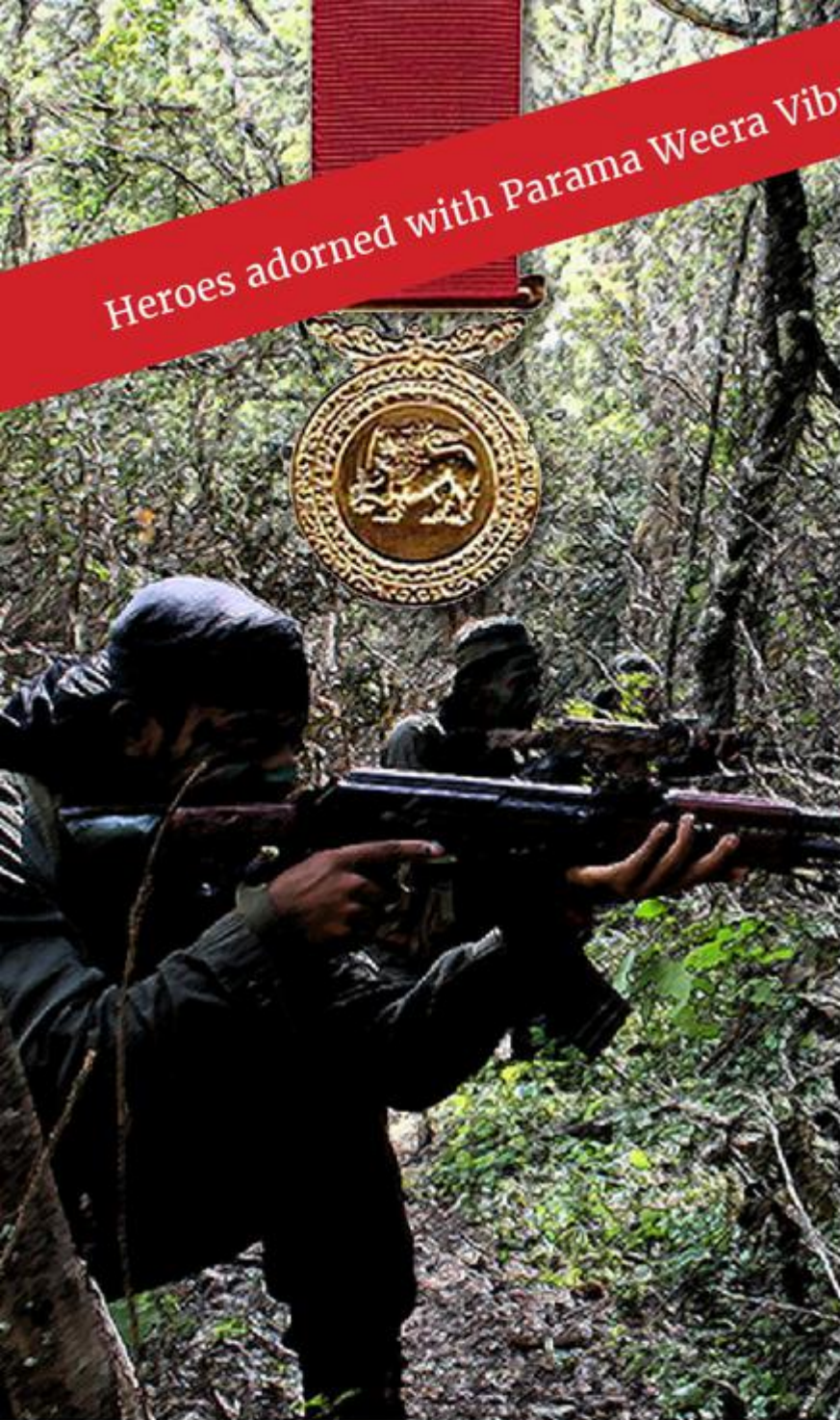
## SLAVF HQ troops assisted 'Suwasetha' children's home



Troops of the Sri Lanka Army Volunteer Force (SLAVF) Headquarters contributed their technical expertise and labour to completely renovate the barbed wire fence, placed around the 'Suwasetha' Children's Home in Kosgama from 27 January 2023 to 9 February 2023 after a request to that effect was presented to the the Sri Lanka Army Volunteer Force Commandant, by authorities in the Children's Home. Troops also donated saplings of fruits and valuable trees for planting in the compound as a long-term benefit after the major barbed-wire project was over. The programme was conducted under the supervision of the Deputy Commandant of the Sri Lanka Army Volunteer Force on the guidelines given by the Commandant, Sri Lanka Army Volunteer Force.



Heroes adorned with Parama Weera Vibushanaya



# The exceptional act of gallantry exhibited at Pudumathalan



O/64743 Maj K A Gamage  
PWP RWP RSP  
Special Forces Regiment

**I**t was 17 September 1978. The sun dawned on this day marking a birth of baby boy to Mr. K G Marisiyan and Mrs. S A W Samarakoon as the fourth child to their family. Parents named their fourth child as Ajith which means the champion. Though he was fourth among his family, he was second male child. His childhood was filled with adventures. In time his parents entered him Siri Perakumba Collage, Weralugashinna.

With the completion of few years at the Siri Perakumba Collage, Weralugashinna, his parents changed the school of Ajith and entered him to Nawalapitiya Central College. It was the second alma mater of his life and also the stage to exhibit the hidden talents of him including sport skills and

other curriculum. Ajith made his competitors realised that he is among the leading students. Soon he became the Head prefect of the school. After completing GCE (O/L) successfully with the flying colours, Ajith sat for the GCE (A/L) with the perseverance. As he predicted he was able to get through the GCE (A/L) with the flying colours. However, his intention was catered in a different way.



The new journey to become a military Officer began with his entrance to Sri Lanka Military Academy on 7 July 1998. He selected to join the Regular Force and enlisted to Officer Cadet Course No 48. With the successful completion of the preliminary military training, Officer Cadet Ajith commissioned as a Second Lieutenant attached to Vijayabahu Infantry Regiment on 7 June 2000. His passion towards the career directed him to another path opening the gates for him for Special Forces Training School. He completed the Special Force Training Course with the determination, earning the Special Forces Badge that signifies the symbol of marksmanship and heroism. After awarding Special Force Badge he began to serve as a leading member of the Special Forces.

During the period of 2002-2004, Sri Lanka Government had signed a peace agreement with the intention to bring the sustainable peace for the country. During that period Ajith was able to join with snipers team of Special Force. In 2006, the terrorist violated unexpectedly the peace agreement and closed the Mahavilaru dam depriving the right to survive of the residents in the area. It was the only water resource available in the area for agriculture and daily needs of the civilians. With this adamant decision of the terrorists, the innocent civilians fell in to trouble unexpectedly irrespective of ethnic diversity of the area. The farmers in Neelapola, Ichchalanpattu, Ihalathopur, Pahalathopur, Somapura, Kallar, Seruvavila residents struggled for water. Rescuing the Mahavilaru dam from the grip of the terrorists was assigned to Special Forces

Regiment. At the time, Second Lieutenant Ajith was the Officer Command in "Squadron A".

With the new responsibility, Second Lieutenant Ajith made his plan to rescue the Mahavilaru dam. He soon realised that rescuing the dam was significantly important based on the information received from small groups for future operations. Turning the darkness and terrain into his favour, Second Lieutenant Ajith and his team led a surprise attack to the foe. The enemy began to fire at them as they realised the plan of Second Lieutenant Ajith. However, it was not in his mind to give up the battle. He successfully able to release the Mahavilaru dam for the public. During the rescue, Second Lieutenant Ajith injured with artillery attack but it was not strong enough to forget his aim of the operation. The next operation was planned to rescue Sampoor from the terrorists. His wise planning and strategic tactics easily demolished the enemy successfully.

As the interest of enemy is gradually focused on Wakare, the enemy further used the innocent civilians as a human shield to attack the government forces. However, the enemy tried to destroy Captain Ajith and his team who was rescuing the civilians who were in the custody of terrorists. Special Force Regiment members were always keen to guard the civilians from the threat of enemy and were able to secure the future of the Wakare with simple operations. Due to the exceptional gallantry Captain Ajith exhibited in the series of operations, he was adorned with "Rana Sura Padakkama", Ran Wickrama Padakkama".

The destiny had a different plan at the time for Captain Ajith. At the time he was taking the indoor treatments at Narahenpita Army Hospital. In the meantime, Major Bandu Serasinghe was also admitted to the same hospital. Major Bandu Serasinghe's brother Lieutenant Manju Serasinghe of Special Forces Regiment were best friends at the time. During the stay, Captain Ajith was able to get in touch with Mrs. Indeewari Karunaratne- younger sister of Lieutenant Manju Serasinghe over the telephone. The acquaintance finally led for a successful marriage. The wedding was held on 10 September 2008. However, Lieutenant Manju Serasinghe was not lucky enough to witness the wedding ceremony as he sacrificed his life at the time during Operation Sampoor.

Soon after the rescue of Sampoor, the Operation North initiated. Special Forces Regiment played a key role in the operation. "Squadron C" led by Captain Ajith launched several operations to demoralised the enemy. The small squadron led by Captain Ajith was able to free Nachchikuda and Kilinochchi. Palampidiya, Periyamadur, Mullikulam, Mallavi and Akkarayankulam. However, the destiny had a good favour on him until it pushed to the last phase. As an experienced Officer, he took the leading role to rescue the civilians trapped in the enemy grip at the time. The operation launched with crossing the enemy trench. The terrain was almost new for them but was not able to shudder the heroic souls.

Pudumatalan was an open area. Understanding the disadvantage, Captain Ajith limited the military activities to day but increased at night. Over a considerable period of time the members of Captain



Ajith's team were still in the lagoon water expecting the enemy. After 3 days observation Captain Ajith decided to cross the trench. It was 18 April 2009. Based on the information, Captain Ajith's team gradually crawled and deployed. The incredible comradeship, collective perseverance were filled with the spirits of the members. With the gradual closure to the enemy trench, rescuing operation officially started. The team was successfully able to take the area under control. Although the Captain Ajith's team was wounded their perseverance was never become weak.

At the time, terrorists decided to take the civilians as human shield to prevent the attacks.

Seeing the members of Captain Ajith and his team, civilians began to run to the government forces. Knowing the terrorists's intention, Captain Ajith immediately directed the civilians to a safe place. Seeing the hostages running to the Ajith's team for shelter, terrorists realised that they were exposed. Therefore, terrorists mingled with the civilians and attacked the Captain Ajith and his team. Extending his veracity on the subject amid the enemy fire leveled from civilians, Captain Ajith attempted to rescue the civilians in terrorist's custody. A random enemy bullet accidentally hit the Captain Ajith while he was evacuating the people unexpectedly reminding the nature of the battle.

In appreciation of his individual acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy performed voluntarily with no regard to the risk of his own life and security with the objective of safeguarding there by the lives of his comrades, Captain Ajith was awarded Parama Veera Vibhushanaya posthumously.



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Headquarters

## 8th SRIMED Contingent in South Sudan returned



The 8th SRIMED contingent in South Sudan, including 10 Officers and 43 Other Ranks who completed their tenure of service in the South Sudan Level - 2 hospital under the United Nations Mission in South Sudan (UNMISS) returned to the island on 3 February 2023. The team was warmly welcomed by Deputy Centre Commandant, Sri Lanka Army Medical Corps (SLAMC), and a gathering of Officers and Other Ranks.

This South Sudan-based new SRIMED Hospital is equipped with necessary components for secondary care medical services, including an operating theatre, labour room, intensive care unit, emergency department, out-patient department, dental surgery, dental workshop, pharmacy, medical store, radiology department, clinical laboratory, ECG room, sterilising department, biomedical engineering section, medical waste disposal section, freezer mortuary, isolation ward and a laundry plus wards and also enjoys an aero-medical evacuation facility with ambulatory resuscitation and ventilation capabilities.







## *Army Muay Thai Committee Vice Chairman attended 'Tiger King' Ceremony in Thailand*



Colonel Chaminda Perera, the first national Muay Thai trainer of the country and initiator of the combat sport to the Sri Lanka Army who is also the Vice Chairman of the Army Muay Thai Committee had the rare chance to attend the 'Somdet Pra Sanphet VIII' (Tiger King) ceremony in Thailand's Luktupfah Muaythai and Muayboran school from 1 to 6 February 2023. Ministry of Culture Affairs in Thailand, organised the ceremony of the Muay Thai combat sport and Tiger King was commemorated in a special event where Thailand's Minister of Cultural Affairs was present. The Army participant joined an exhibition show with other participants on account of the ceremony. The Minister of Cultural Affairs in Thailand personally appreciated the Sri Lankan participant's contribution to the success of the event.

The 12th National Open Water Swimming Meet (5 km) organised by the Sri Lanka Aquatic Sport Committee, held along the Balapitiya Coastal area on 22 January with 70 swimmers of 13 island-wide sports clubs. The Army swimmers since the year 2010 have been maintaining unbroken supremacy by winning the overall Championship in the famous and popular beach event at Balapitiya. The Championship trophy was received by Craftsman W M B L Aberathne Captain of the Army team for the year 2023 amid roars of applause.

Lance Corporal Shehan BD of 2 (Volunteer) Sri Lanka Electrical and Mechanical Engineers (SLEME) was awarded as the best swimmer of the event.

## *Army swimmers clinched unbroken championship trophy at Balapitiya*





## Annual Open Water Swimming Championship 2023



Army swimmers (both men and women) maintained continuity and clinched the overall championship once again in the '10 km Annual Open Water Swimming Championship 2023', held at Balapitiya beach area on 29 January 2023. The event was organised by the Sri Lanka Aquatic Sports Committee. More than 70 island-wide swimmers representing 13 sports clubs participated in the event.

## Army judo players won championship at 12th Defence Service Games



Army male and female judo players competing in the 12th Defence Service Games Judo Championship, held at Panagoda Army Physical Training School Indoor Stadium from 7 to 10 February 2023 won the overall championship in both men's and women's categories. The championship tournament, was organised by the Sri Lanka Army Judo Committee. However, the Sri Lanka Air Force team secured the runner-up slot. Major General M E P Weerasinghe USP Chairman, Sri Lanka Judo Committee participated in the awarding ceremony on 10 February 2023 as the Chief Guest.

## 'National Independence' cycle tour



Sri Lanka Army cyclists grabbed the overall championship beating over 100 well-trained cyclists from all corners of the island at the 75th National Independence Day cycle tour, organised by the Presidential Secretariat, together with the State Ministry of Public Administration and Home Affairs, Provincial Councils and Local Government and the Ministry of Sports, held from 31 January to 3 February 2023. The four - day long cycle race crossing many provinces of the country covered 571.5 km in total. During the Day 1, they peddled from Point Pedro to Medawachchiya. Day 2 they

cycled to Mahiyanganaya from Mihintale. During the final leg (Day 3), cyclists reached Wellawaya and after a break, Army cyclists with others competed from Wellawaya to Matara to claim the final victory.

Major General J A K R S K Jayasekara USP psc Chairman, Army Cycling Committee and Director General, Electrical and Mechanical Engineering closely monitored the racing movements throughout and encouraged Army cyclists by being present at some locations.



## Novices' Water Polo Championship 2023



Novices' Water Polo Championship 2023 was won by Sri Lanka Army Swimmers on 16 February 2023 at Rathmalana, Air Force Swimming pool after beating 15 rival teams, drawn from all corners of the island. Sri Lanka Aquatic Sports Association, organised the final tussle Corporal Kumara HCS of the 22 Gajaba Regiment and Corporal Jayasooriya WK of the Sri Lanka Army General Service Corps were awarded as best players in the winning team. Sri Lanka Army Water Polo team, last year (2022) also won the Novices' Water Polo Championship.

## 'Eliyakanda Speed Hill Climb - 2023'



The 27th 'Eliyakanda Speed Hill Climb - 2023' held on 18-19 February 2023 in Matara Eliyakanda Motor Track enabled participants of the Sri Lanka Army Motor Sports Committee. Corporal Jayalath JMS of Corps of Engineer Services secured the 3rd place in the 125cc up to 250 cc Speed Trail bike open event. Corporal Maduranga BI of Sri Lanka Corps of Military Police won the 1st place in the SM-Super Motard 250/450 cc open event in addition to the 3rd place in the Sport Touring 600cc open event. Private Senevirathne LBD of Gajaba Regiment secured the 4th place in the SM - Super Motard 250/450cc open event. Chairman, Sri Lanka Army Motor Sports Committee provided the necessary facilities, guidance and inspiration to the riders.

## Army swimmers won swimming championship

The 48th annual 02-mile Sea Swimming Championship which was organised by Dharmashoka College, Ambalangoda was held on 19 February 2023 around Ambalangoda coastal belt and concluded making the Army team and the St Joseph College, Maradana. More than 300 swimmers representing 30 school teams and swimming clubs vied in the event and 11 players of the Army Swimming team secured notable places including the men's gold medal in the event. The Army team and the St Joseph College team scored 78 equal points to share the Men's Championship and the Defence Services Trophy pushing the Devananda College, Ambalangoda team to claim the runners-up with 22 points.





## ***23 Infantry Division grabbed Inter-Division Basketball Championship***

The Inter-Division Basketball Tournament of the Security Force Headquarters (East), organised by the 24 Infantry Division in close coordination with 22 and 23 Infantry Divisions was held at the Weber Stadium in Batticaloa on 13 January 2023. The preliminary rounds of the matches were competed by all five teams of the Divisions, including the basketball players of the Forward Maintenance Area (East), but the 23 Infantry Division's team vied against the 24 Infantry Division's team in the finals and emerged as champions.



The final awarding ceremony, attended by Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Force (East) awarded the trophies and certificates to the winners and participants. General Officers Commanding of 22, 23 and 24 Infantry Divisions, Brigade Commanders, Commanding Officers, Senior Officers, Officers and Other Ranks were present among the large crowd of spectators.

## ***Security Forces (Wanni) held Inter-Division Badminton Tournament***



The 56 Infantry Division organised Inter-Division badminton tournament - 2023, aimed at uplifting sportsmanship and comradeship among members of the Security Forces in the Wanni was held from 1 February to 6 February 2023 at the 56 Infantry Division Badminton Court.

The event was initiated by General Officer Commanding (GOC), 56 Infantry Division under the guidance of Commander, Security Force (Wanni). Further Commander, Security Force (Wanni) graced the awarding ceremony of the finals as the Chief Guest in the presence of General Officers Commanding of 21, 56, 62 and 65 Infantry Divisions, Brigade Commanders, Senior Officers, Commanding Officers, and nominated Other Ranks from respective formations. 56 Infantry Division Badminton Team became champions pushing 54 Infantry Division Badminton Team as runners up.

## ***55 Infantry Division trained Jaffna Youth for Beach Volleyball***



Troops of the 553 Infantry Brigade with the sincere motive of popularising Beach Volleyball among the youth in Vadamarachchi - East in the Jaffna peninsula organised a comprehensive training session on 12 February 2023 after inviting them to the Talaidy Beach. Members of 15 sports clubs in the peninsula enthusiastically underwent training, spearheaded by Army Beach Volleyball trainers and coaches, along with civil experts. The event was organised by troops of the 10 (Volunteer) Vijayabahu Infantry Regiment, 12 (Volunteer) Vijayabahu Infantry Regiment of the 553 Infantry Brigade with the blessings of the Commander, Security Force (Jaffna), General Officers Commanding of the 55 Division and the 553 Brigade Commander.



## Inter-Regiment Karate Championship



The Army Inter Regiment Karate Championship tournament, emphatically competed by 452 players of 18 Regiments in the Army concluded on 13 January 2023 at Panagoda Army Gymnasium in the presence of Major General A L Ilangakoon, Chairman, Army Karate Committee and Colonel Commandant, Sri Lanka Corps of Military Police. The three day-long tournament was held with the participation of senior belt (black and brown), junior and novices events under the tournament. Competitors of the Sri Lanka National Guard clinched the Men's Championship Trophy and secured 107 medals pushing the Sri Lanka Sinha Regiment players for 80 medals as the first runner up. Meanwhile, the Sri Lanka Corps of Military Police secured the Women's Championship with 95 medals, pushing the Sri Lanka Signal Corps for the runner-up place with 60 medals.

## Inter-Regiment Cricket Tournament



The finals in the 50-over Inter Regiment Cricket Tournament ('B' group) - 2023 concluded on 1 February 2023 at Panagoda Cricket Grounds leaving the victory to Gajaba Regiment (GR) cricketers. A total of 14 cricket teams from all Regiments vied in the tournament. Sri Lanka Armoured Corps (SLAC) and the Gajaba Regiment (GR) team were selected to face the final tussle in which the cricketers in the Gajaba Regiment won the day by 10 runs. Winners batting first scored 156 runs in 48.2 overs. Giving to the pressure of Sri Lanka Armoured Corps, Gajaba Regiment players were able to burn all wickets at 146 runs. The Army Cricket Committee organised the overall tournament under the directions of Chairman of the Army Cricket Committee.

## Inter-Battalion Volleyball Championship



The Gemunu Watch Inter Battalion Volleyball Tournament 2023 was held at the Regimental Centre the Gemunu Watch from 3 to 11 February 2023 at Lieutenant Colonel W Wimaladasa indoor stadium under the direction and guidance of Brigadier C A Rajapakse RSP Chairman of Gemunu Watch Volleyball Committee. The tournament has been designed in order to upgrade sports skills of soldiers and select best volleyball players from the battalion level. Moreover, 175 players from 19 teams competed in the tournament on knockout system. 9 Gemunu Watch team won the Championship by beating 18 Gemunu Watch team in the final tussle in the Gemunu Watch Inter Battalion Volleyball Tournament 2023. Major General A C Lamahewa WWV RWP RSP the Director General Infantry and Colonel of the Regiment of the Gemunu Watch graced the occasion as the Chief Guest.



## Heartiest Congratulations....



**Brigadier  
W Chandrasiri RSP USP psc**

assumed duties  
as General Officer  
Commanding,  
24 Infantry Division

on 29 December 2022



**Brigadier  
I A N B Perera RWP USP  
ndu psc**

assumed office as the  
Commandant,  
at Sri Lanka Military  
Academy

on 28 December 2022



**Brigadier  
O M D Gunasinghe**

assumed duties as  
Director,  
Management and  
Maintenance

on 18 January 2023



**Brigadier  
M S Devapriya USP ndc**

assumed duties  
as General Officer  
Commanding,  
22 Infantry Division

on 30 November 2022



**Brigadier  
W M H E Ratnayake WWV  
RWP RSP USP**

assumed duties as  
Brigadier General Staff,  
Security Force  
Headquarters (East)

on 30 January 2023



**Brigadier  
G D S M Alwis RWP RSP**

assumed office as the  
Commander,  
532 Infantry Brigade

on 13 January 2023



**Brigadier  
S P Wickramasekera  
RWP RSP USP psc**

assumed office as the  
Chief Instructor,  
Sri Lanka Army War  
College

on 24 January 2023



**Colonel  
L S D N Pathiratna RSP  
USP**

assumed duties as  
Commander,  
241 Infantry Brigade

on 30 November 2022



**Colonel  
Y H P Rangajeewa USP**

assumed office as the  
Commander,  
223 Infantry Brigade

on 30 November 2022



**Colonel  
A K D Adikari USP**

assumed office as the  
Centre Commandant,  
Sri Lanka Signal Corps

on 19 January 2023



**Colonel  
W S Gamage RSP USP psc**

assumed duties as  
Commander,  
541 Infantry Brigade

on 01 February 2023



**Colonel  
W M P W N D B Weerakoon  
RSP USP**

assumed office as the  
Commander,  
642 Infantry Brigade

on 12 January 2023





**Colonel  
E N P Gunawardana USP**  
assumed office as  
the Deputy Centre  
Commandant,  
Sri Lanka Signal Corps

on 25 January 2023



**Colonel  
C D Welagedara USP IG**  
assumed office as the  
Colonel General Staff,  
23 Infantry Division

on 31 January 2023



**Colonel  
S N Wijayasinghe USP IG**  
assumed duties as  
Colonel (Coordinating),  
Security Force  
Headquarters (Jaffna)

on 30 January 2023



**Colonel  
E M I Ekanayake**  
assumed office as  
Colonel (Admin/  
Quartering),  
58 Infantry Division

on 2 February 2023



**Colonel  
J C S Jayawickrama**  
assumed office as the  
Commanding Officer,  
Headquarters Catering  
Battalion

on 17 February 2023



**Colonel  
I D S Dharmaratne RSP Isc**  
assumed office as the  
Colonel (Coordinating),  
59 Infantry Division

on 30 January 2023



**Colonel  
K S P Pothupitiya  
USP psc IG**  
assumed office as the  
Colonel (Coordinating),  
23 Infantry Division

on 1 February 2023



**Lieutenant Colonel  
E L K Pradeep**  
assumed office as Staff  
Officer-I (Admin),  
Security Force  
Headquarters ( East)

on 5 December 2022



**Lieutenant Colonel  
E M M S K Ekanayake  
RSP psc**  
assumed duties as  
General Staff Officer I,  
Overall Operations  
Command Headquarters

on 25 January 2023



**Lieutenant Colonel  
R N C Y Ramanayake  
psc IG**  
assumed duties as  
Commanding Officer,  
7 Light Sri Lanka  
Artillery

on 16 December 2022



**Lieutenant Colonel  
M I S Chandrakumara  
USP psc IG**  
assumed office as the  
Commanding Officer,  
9 Sri Lanka Artillery

on 1 February 2023



**Lieutenant Colonel  
P H G P Gunawardhana**  
assumed office as the  
Commanding Officer,  
14 Sri Lanka Sinha  
Regiment

on 10 February 2023





**Major  
K G C K Kudagamage**

assumed office as the  
Commanding Officer,  
11 Field Engineers  
Regiment

**on 13 December 2022**



**Major  
H P J Prematilaka RSP**

assumed duties as  
Commanding Officer,  
17 Sri Lanka Light  
Infantry

**on 6 January 2023**



**Major  
S W K Subasinghe USP Lsc**

assumed office as the  
Commanding Officer,  
10 Sri Lanka Sinha  
Regiment

**on 10 February 2023**



**Major  
H B M W S A B  
Mahagedara Lsc**

assumed office as the  
Commanding Officer,  
4 Sri Lanka Army Service  
Corps

**on 11 February 2023**



**Major  
P A S Coorey USP**

assumed office as the  
Commanding Officer,  
3 Sri Lanka Army  
General Service Corps  
(Pay & Records)

**on 16 February 2023**



**Major  
I P Wadumethri USP**

assumed office as the  
Commanding Officer,  
4 Sri Lanka Army  
General Service Corps  
(Pay & Records)

**on 16 February 2023**



**Major  
S S Wijetunge**

assumed duties as  
Commanding Officer,  
14 Sri Lanka National  
Guard

**on 2 January 2023**



**Major  
S M C Samarasinghe RSP**

assumed duties as  
Commanding Officer,  
13 Sri Lanka National  
Guard

**on 31 January 2023**



**S/241190  
WO I B M Ranathunga  
Banda**

assumed the duties as  
Division Sergeant Major,  
66 Infantry Division

**on 01 February 2023**



**S/11E01346  
WO I Priyananda Bandara  
GKS**

assumed the duties as  
School Sergeant Major  
Sri Lanka Army Training  
School, Maduruoya

**on 13 February 2023**



**S/2G03611  
Staff Sergeant Wanasinghe  
WKCG**

assumed the duties as  
Chief Clerk  
2(Volunteer) Gajaba  
Regiment

**on 12 February 2023**



**S/11E01346  
Sergeant Priyananda  
Bandara GKS**

assumed the duties as  
Chief Clerk  
11(Volunteer) Sri Lanka  
Sinha Regiment

**on 13 February 2023**



## Donation to Abhimansala 2



In remembrance of fallen War Hero Lance Corporal Madusanka DIG of 1 Sri Lanka Sinha Regiment who sacrificed his life for the country on 8 February 2008 at the terrorist attack while deployed in Mullaitivu forward Defence Line, his family members organised a tea party for the differently – abled resident War Heroes at Abhimansala 2 on 8 February 2023. In line with the same events, some herbs were also donated. Colonel G G R Madugoda USP Commandant, Abhimansala 2, Officer, and Other Ranks participated in the event.

## Celebrating the 75th Independence Day



In line with the National celebration of 75th Independence Day, Bright Minds pre-school children organised an entertainment programme for the differently – abled resident War Heroes at Abhimansala 2 on 4 February 2023. A tea party was also organised during the event and the parents, teachers of the pre-school participated in the event.

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## *SLSC launched a Technological Seminar Sessions at Army Headquarters*



The Sri Lanka Signal Corps (SLSC) initiated first symposium of the series of scheduled 'Technological Seminars', themed 'Precise Human Technology Symmetry for Better Organisational Efficacy' on 22 February 2023 at the Multifunctional Hall at the Army Headquarters. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest. The seminar series were initiated on a conceptual notion of the Commander of the Army and under the guidance of Major General H M LD Herath RSP VSV USP psc Chief Signal Officer (CSO).

Professor Sudath R Munasinghe PhD conducted the first lecture of the first session under the topic 'Acquisition and Adoption of Advanced Communication Technology Enhances Organisational Efficiency'. The next contribution to the inaugural session was made by Dr. Parakum Pathirana PhD on the theme, 'Mandatory Defence of Critical Military Infrastructure in the Cyber Domain to Launch National Cyber Operations'. The Commanding Officer 12 Sri Lanka Signal Corps as the third speaker dwelt on the topic, 'Military-Technology Status quo: Where We Are'.

Later, a question and answer session ensued before Major General K A W S Ratnayake ndu who conducted the final lecture on 'Recap and Link to Future - Revolutionary AI Applications re-demarcate Intelligence and Security'. Towards the end of the sessions, guest lecturers received tokens of appreciation from the Chief Signal Officer.

Major General S U MN Manage WWV RWP RSP psc Director General General Staff, Major General W B SM Abeysekera RSP USP Director General Financial Management, Major General AC Lamahewa WWV RWP RSP Director General Infantry, Senior Officers, and Officers participated in the event together with more than 160 island-wide Officers of all Army formations joined virtually.





## ***The stories of Fallen Heroes***

At every step soldier made in the battlefield,  
every drop of blood fell on the ground,  
has a story to tell

When rescuing the lives from evil  
number of soldiers sacrificed

There are number of untold stories of our beloved War Heroes  
These stories repeat the courage of our beloved soldiers and  
their unconditional love for the motherland

Today everything has changed  
But they shall remain the same as War Heroes  
then and forever

