



# BELLATOR

R A N A V I R U W A



ASIAN ATHLETICS  
CHAMPIONSHIPS  
2023



**The Pride  
Excelled at the  
Foreign Land**







## Army Commander Joins for higher ordination of Upasampada Sheela

73rd National Upasampada Vinaya Karma Inaugural Ceremony of the Maha Viharavanshika Sri Lanka Ramanya Maha Nikaya was held at the Edward Stadium in Matale on 20 July 2023 with the participation of Venerable Maha Sangha and distinguished dignitaries. His Excellency the President Ranil Wickremesinghe, Former Speaker of the Parliament Karu Jayasuriya, Governor of the Central Province, State Ministers, Chief of Defence Staff, Commander of the Army and senior Police Officers added the significance to the event with their valuable participation. 300 novice monks attained the higher ordination of Upasampada Sheela during this programme which was sponsored by the Government. The religious programme was held under the patronage of Venerable Makulewe Vimala Nayaka Thero of the Ramanya Maha Nikaya.







## New Ramp for Handicapped Devotees at 'Saman Devalaya'

265 feet long special ramp built for the handicapped devotees with special needs at Ratnapura Sri Sumana Saman Devalaya premises was declared open on 23 July 2023 amid a distinguished gathering of invitees. Mr. Sagala Ratnayaka, Chief of Staff and Senior Advisor to the President on National Security, together with Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as Chief Guests.

This special ramp was built responding to a request made by the Basnayake Nilame and Saman Devalaya authorities. Troops of 6 Corps of Engineer Services extended the technical expertise and manpower under the direction of Commander of the Army and completed the project within two months. Lions Club International of Ratnapura, District 306 C2 sponsored the project.





# 2<sup>ND</sup> PHASE OF 'DEEGAWAPIYA' RESTORATION BEGINS

The restoration project of the 'Deegawapiya' Dagoba in Ampara reached a milestone on 10 July 2023 with the commencement of the auspicious 2<sup>nd</sup> phase of the restoration project upon completion of 69 feet in height under the 1st phase.

Secretary to the Ministry of Defence, General Kamal Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, together with Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Air Marshal Udeni Rajapaksa RSP and two Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, MA in IS&S (UK), BSc (Def Stu), MIM (SL), AMIE (SL), rcds, psc, Commander of the Air Force and a gathering of distinguished guests laid the cornerstones for the 2nd phase of restoration amid religious blessings.

Moments later, the visitors inspected the ongoing construction work of the relic chamber, pilgrims' rest and the residential quarters for monks (sangawasa) during the visit. Troops of the Corps of Engineer Services and 8 Sri Lanka National Guard of the Sri Lanka Army have undertaken the overall construction, assisted by sister services and Civil Security Department personnel.

Sri Lanka Army, Navy, Air Force and Civil Security Department members were engaged in the restoration project of the Dagoba which is 268 feet in height since the restoration work began in 2020 in consultation and close contact with veteran archaeologists in the Department of Archaeology. 'Deegawapiya Trust Fund' provides resources for its renovation and restoration. 'Deegawapiya' graced by the Lord Buddha is renowned as one of the sacred ancient religious sites among the sixteen places of worship of the Buddhist devotees.





# Army Athletic Achievers in AAC, Paris & India Appreciated

All 10 Army athletes who brought laurels to the country having made national and international records in the recent Asian Athletics Championship - 2023 (AAC) in Thailand, ParaAthletic World Championship 2023 in Paris and Commonwealth Senior, Junior and Youth Championships - 2023 in India were promoted to their next rank and awarded appreciative mementos on 21 July 2023 by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

Commander of the Army shared views with those athletic achievers and inquired about their experiences during the exposure in the tournaments and praised them for their achievements.

Sergeant Kumarage H K K of 2 (V) Sri Lanka Army Electrical and Mechanical Engineers, Bombardier Darshana S A of 6 Sri Lanka Artillery, Corporal Ramanayake N of the Sri Lanka Army Women's Corps, Corporal Lekamge H L N D of the Sri Lanka Army Women's Corps, Lance Corporal Rajakaruna R M R N of 2 (V) Sri Lanka Army Electrical and Mechanical Engineers, Lance Bombardier Kodikara P M P L of 6 Sri Lanka Artillery, Gunner Niku G D K K of 6 Sri Lanka Artillery and Private Kure D R H of the Sri Lanka Army Women's Corps who excelled in Para Athletic World Championship 2023 in Paris were afterwards awarded appreciative mementos by the Army Commander.

In addition, Warrant Officer II A G S Abeywickrama of 15 Sri Lanka Artillery and Para athlete Staff Sergeant K A S Dulan of the Sri Lanka Corps of Military Police who showed their excellence in Commonwealth Senior, Junior and Youth Championship - 2023 and Para Athletic World Championship 2023 were also respectively promoted and awarded with appreciative mementos.







# ARMY MANUFACTURED VEHICLES FOR UN MISSIONS

Saving a large chunk of foreign exchange to the country troops of Sri Lanka Electrical and Mechanical Engineers (SLEME) handed over six vehicles of UN standards to the Special Task Force (STF) of the Police at the request of Ministry of Public Security. Under the project two new Armoured Personnel Carriers (APCs) and four Police Crowd Control Vehicles (PCCVs) were manufactured following the initiative of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at a minimal cost of Rs. 66 m as against the estimated Rs. 100 m, saving Rs. 34 m. Those six vehicles formally handed over to the Inspector General of Police C D Wickramaratne and Deputy Inspector General of Police W Jayasundara, Commandant, Special Task Force on 25 July 2023 after inviting both of them to the Army Headquarters.

Each of those vehicles importation generally costs about Rs. 200 m for the country and, however, the Army managed it with Rs. 66 m for all six vehicles.





## COMMANDER AS CHIEF GUEST PRESENTS "AKTHA PATHRA" TO NAYAKE THERO

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army as the Chief Guest presented the "Aktha Pathra" (Act of Appointment) to Venerable Getaberikande Rathanasiri Thero, Chief Incumbent of Jayathilakarama temple at Peliyagoda. Venerable Getaberikande Rathanasiri Thero was also appointed as the Chief Sangha Nayake for Western Province along with the honorary title of 'Wimalasiri Wanshalankara Dharmakeerthi Sri' and conferred "Aggamaha Saddhamma Jothika Dhaja" honorary designation by Sirisaddarmawansa Chapter of Amarapura Nikaya.



The ceremony took place at Peliyagoda Jayathilakarama temple premises, headed by the acting Maha Nayake of the Amarapura Maha Nikaya, Venerable Paragoda Uyangoda Maithree Moorthi Nayake Thero of the Amarapura Maha Sangha Sabha.

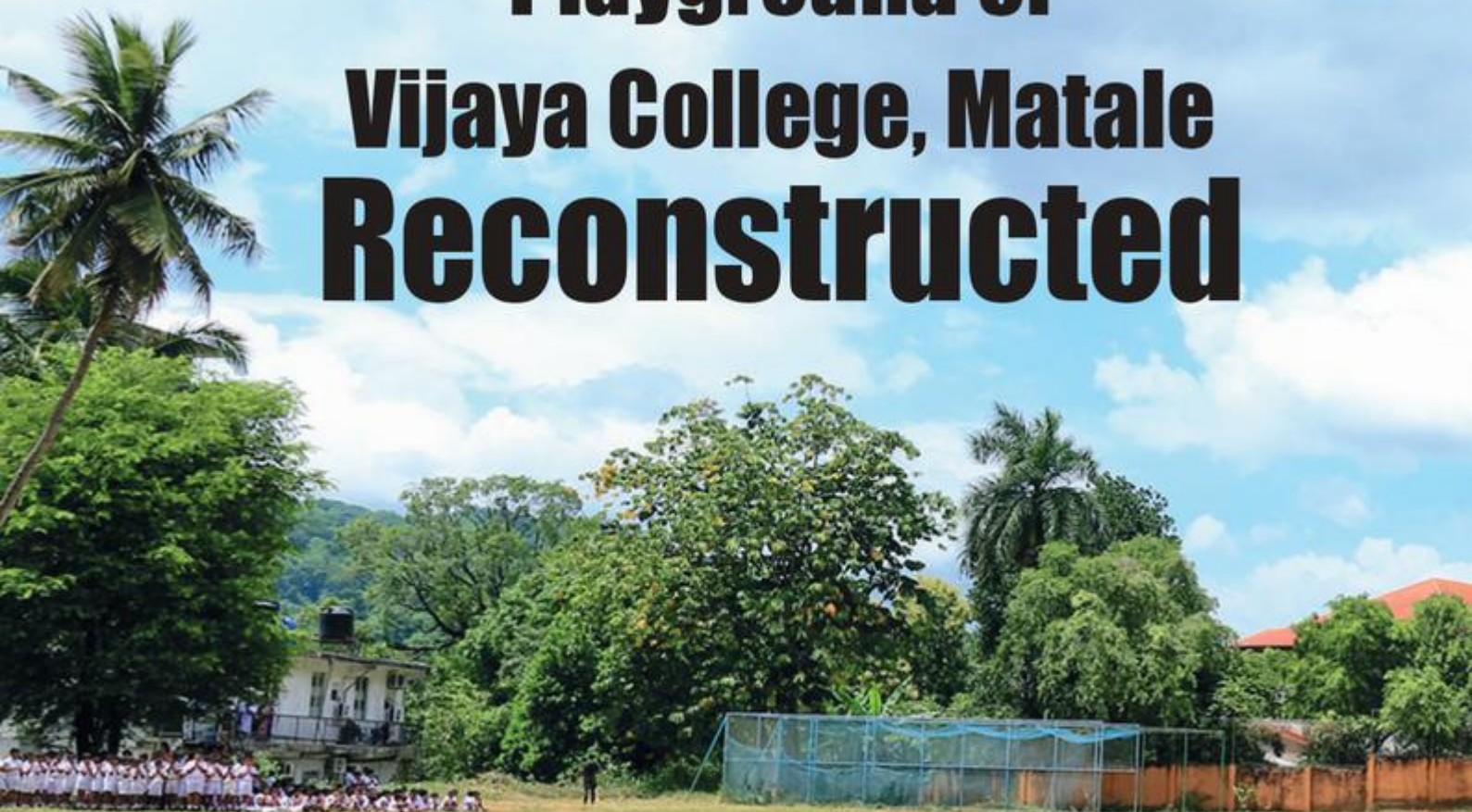
Commander of the Army, presented the "Aktha Pathra" while Mr. Tha Thu, Human Resource Management Consultant at Embassy of Myanmar awarded the "Aggamaha Sadhdhamma Jothika Dhaja" credentials to the Nayake Thero. Commander of the Army also presented a memento to the Nayake Thero in appreciation of his service to 'Sasana'. A large gathering of monks (Maha Sangha), Mrs. Janaki Liyanage President, Army Seva Vanitha Unit, Brigadier L G B Kariyawasam RWP RSP USP Commander, 141 Infantry Brigade were present at the ceremony.



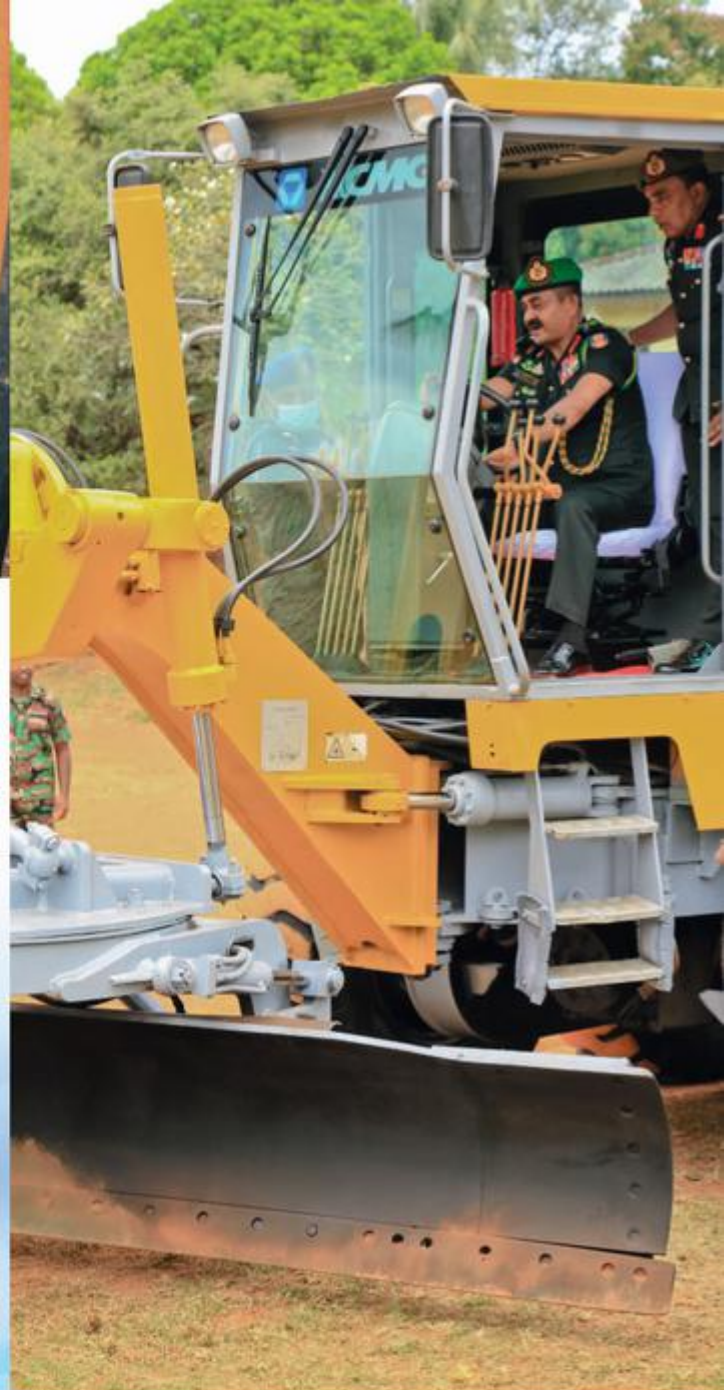




# **Playground of Vijaya College, Matale Reconstructed**







Not forgetful of his native roots in the picturesque terrestrial landform in the hill country, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, together with Mrs. Janaki Liyanage President, Army Seva Vanitha Unit (ASVU) inaugurated the construction work of playground of Vijaya College, Matale on 19 July 2023 at the request of Mr. Rajitha Theekshana Principal of Vijaya College, Matale. Troops of 6 Sri Lanka Engineers under the supervision of the Chief Field Engineer completed the construction work within several weeks.

After the inauguration, Commander of the Army had a cordial discussion with the Principal and the staff of the Vijaya College, Matale. Commander of the Army during his school tenure was also an active member of school cadetting, scouting and was also the Head Prefect of the school.

Major General M G W W M C B Wickramasinghe RWP RSP ndu psc Director General General Staff and Major General W W H R R V M N D K B Niyangoda RWP RSP USP ndu psc Commander, Security Force Headquarters (Central), Major General A H L G Amarapala RWP RSP ndc psc Chief Field Engineer, Principal and staff of Vijaya College, Matale participated in the event.







## A NEW HOUSE FOR A DESERVED FAMILY IN MATALE



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, together with Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit (ASVU) vested a newly constructed house for a deserved family in Matale on 19 July 2023.

The project was made possible at the request of Mr. Rajitha Theekshana Principal of Vijaya College, Matale made to the Past Pupil of the school-Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army. Accordingly, a new house raised for a deserved family who are suffering with many economical constrains in Matale district. Mrs. Kanchana Ilangasinghe an Australia-based philanthropist volunteered to spend Rs. 12.5 lakhs as the cost of the house and for furniture to the value of Rs. 50,000.00 with the coordination of President, Army Seva Vanitha Unit (ASVU).

Accordingly, 8 Gajaba Regiment (GR) troops of the 532 Infantry Brigade under the supervision of the Commanding Officer, 8 Gajaba Regiment completed the construction work within several weeks. The new house was warmed to the beneficiary by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, together with Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit. The donor's representative Mrs. Chithra Ilangasinghe, Director General General Staff, Commander, Security Force Headquarters (Central) also participated in the house warming ceremony.



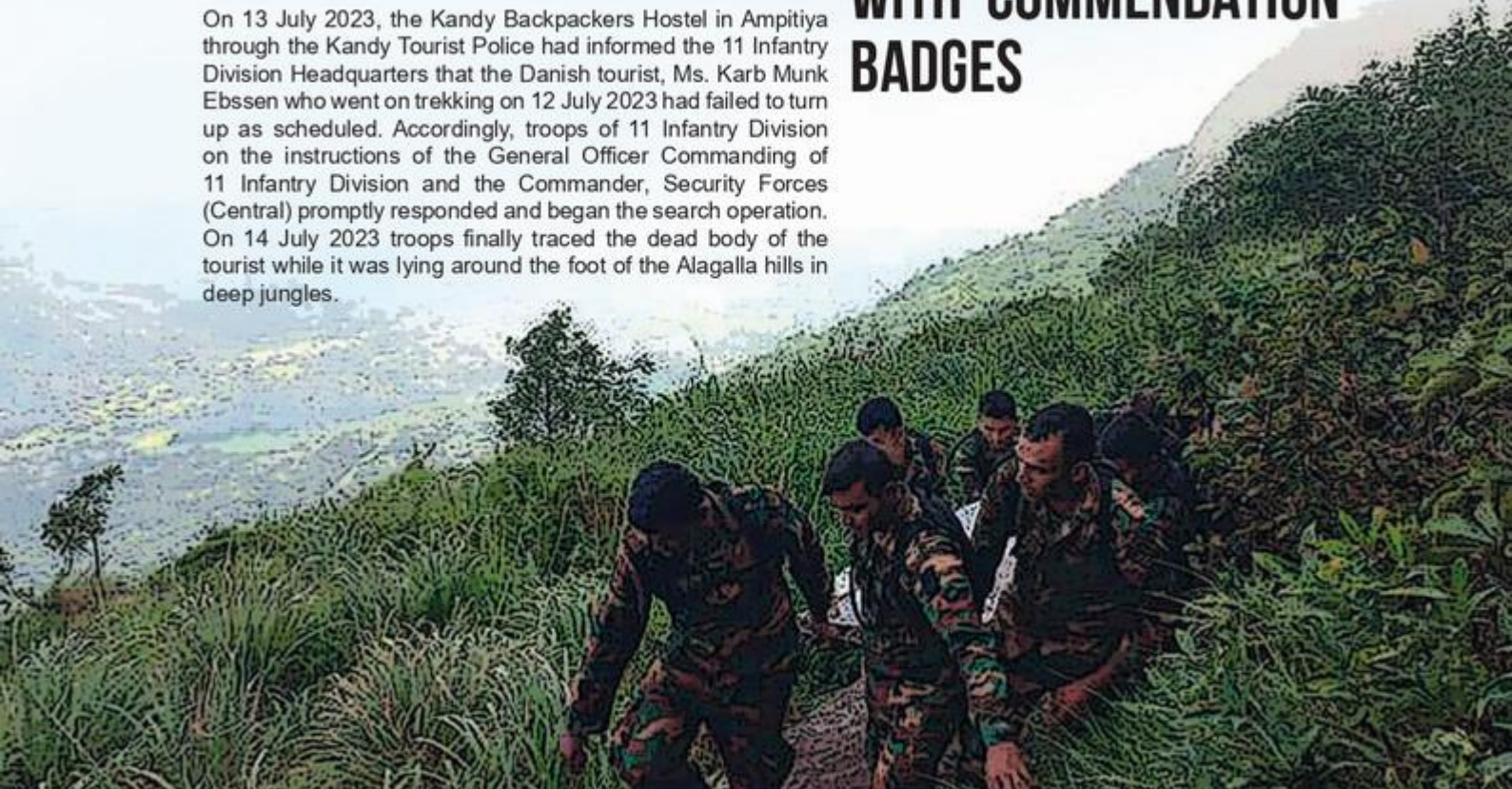


Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, in a gesture of admiration and appreciation for exceptional hardwork and commitment, praised five Army personnel of the 11 Infantry Division who untiringly took part in the search operation for the missing Danish tourist who was found dead near Alagalla mountain range, on 15 July 2023.

The Commander of the Army had a brief interaction with those Army personnel as regards the search operation and challenges they faced during the expedition praised them, pinned the special Commander's Commendation Badges on them and congratulated them for their dedicated and exemplary role along with their comrades in the 2 (V) Sri Lanka Sinha Regiment of the 11 Infantry Division under the Security Force Headquarters (Central).

On 13 July 2023, the Kandy Backpackers Hostel in Ampitiya through the Kandy Tourist Police had informed the 11 Infantry Division Headquarters that the Danish tourist, Ms. Karb Munk Ebssen who went on trekking on 12 July 2023 had failed to turn up as scheduled. Accordingly, troops of 11 Infantry Division on the instructions of the General Officer Commanding of 11 Infantry Division and the Commander, Security Forces (Central) promptly responded and began the search operation. On 14 July 2023 troops finally traced the dead body of the tourist while it was lying around the foot of the Alagalla hills in deep jungles.

## ARMY COMMANDER PRAISES SOLDIERS IN ALAGALLA SEARCH WITH COMMENDATION BADGES







## Commander of the Army Joins Laptop Distribution

Benefiting the 55 deserved children of Army and Civil personnel serving the Army Headquarters, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army who graced the occasion as the Chief Guest distributed mobile tablet computers during a ceremony on 27 July 2023.

The distribution programme was held on a suggestion made by Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit. Mrs. Thanuja Dias coordinated the project with the USA - based 'Social Care Foundation' under the patronage through Mrs. Malshini Perera, a senior member of the sponsoring foundation.





# COMMANDER OF THE ARMY JOINS TRAINING DAY



The Sri Lanka National Guard (SLNG) Regiment's 2<sup>nd</sup> quarter officers' training day, was held on 20 July 2023 at Kurunegala Sri Lanka National Guard Headquarters under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Colonel of the Regiment Sri Lanka National Guard as the Chief Guest at the invitation of the Regimental Headquarters.

A group of 150 Sri Lanka National Guard officers participated in the training day programme and it included physical training, drill practices, lectures and recreation sessions, followed by customary 'Diners Club' arrangement in the evening.



Brigadier H A Keerthinatha RSP KSP psc Center Commandant of Sri Lanka National Guard warmly welcomed Chief Guest on his arrival at the camp premises. After patiently watching the proceedings, Commander of the Army interacted with Officers participated in the Diners Club session.

Major General Udaya Perera (Rtd) RWP RSP VSV USP USAWC psc who attended the Diners Club as the guest speaker enlightened the audience with a comprehensive lecture on 'What Makes a Leader'. Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Director General General Staff, Major General J A R S K Jayasekara USP psc Director General Electrical and Mechanical Engineering, Senior Officers and Officers participated in the event.

## Army Commander Interacts with Troops of 1 Sri Lanka Rifle Corps

Lieutenant General H L V M Liyanage RWP RSP Commander of the Army, paid a courtesy visit to the 1 Sri Lanka Rifle Corps (1 SLRC) camp at Pallekele and had cordial interactions with the troops on 20 July 2023.

The Army Commander was warmly welcomed by Lieutenant Colonel M R Jayasinghe Commanding Officer, 1 Sri Lanka Rifle Corps at the entrance. After hearing the briefing of role and tasks of the unit the Commander of the Army also inquired about the well-being of the troops and administrative matters.

Afterwards, Commander of the Army inspected the ongoing construction works at the 810 Composite Squadron of the Sri Lanka Army Service Corps.





## Ambassador of Indonesia Pays Courtesy Call on Army Commander



HE the Ambassador of Indonesia in Sri Lanka, Mrs. Dewi Gustina Tobing, together with Mr. Heru Prayitno, Minister Counsellor at the Embassy of Indonesia in Sri Lanka at the invitation of the Army paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 11 July 2023 at the Commander's office at Army Headquarters.

The cordial interactive meeting exchanged views on general matters of concern and the Army's development-oriented roles. Both of them recalled long-lasting bonds of goodwill, cooperation, and bilateral relationship that exist between both countries and possibilities for enhancement of trainings for Sri Lankan Armed Forces and participation in joint exercises.

## High Commissioner of Maldives Meets Army Commander



The High Commissioner of the Republic of Maldives for Sri Lanka, His Excellency Ali Faiz paid a courtesy call on, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 27 July 2023 at the Army Headquarters.

During cordial discussions that ensued, both of them recalled friendly and sound relations that exist between both nations for so many years as well as ongoing exchange programmes, related to the participation of Armed Forces in varied training programmes and other pertinent exchange modules of bilateral importance.

## Indian Deputy High Commissioner Calls on Army Commander



Mr Vinod Kurian Jacob, Deputy High Commissioner of the High Commission of India to Sri Lanka made his courtesy farewell call on Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army, at the Army Headquarters on 14 July 2023, prior to his departure from the country after completion of his tenure.

During the cordial meeting, the outgoing Deputy High Commissioner expressed his gratitude for the cooperation and goodwill extended during his tenure in Sri Lanka and thanked the Army for its sound understanding and brotherhood.



## Pakistan High Commission's Defence Advisor Pays Courtesies to Army Commander

The outgoing Defence Advisor at the High Commission of Pakistan in Sri Lanka Colonel Muhammad Safdar Khan extended his courtesies to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 5 July 2023 before his return to Pakistan after completion of his tenure in Sri Lanka (2020 - 2023).

During the brief meeting, both of them exchanged views on matters of general interest in the region and ever-growing bilateral relations between both military organisations. Colonel Muhammad Safdar Khan also expressed his gratitude to the Sri Lanka Army for all the support he received during his tenure and wished the Sri Lanka Army all the best in its future endeavours.



## New DA for Sri Lankan Embassy in Russia Meets Army Commander



The recently-appointed Defence Advisor (DA) to the Embassy of Sri Lanka in Moscow, Russia, Group Captain S R Jayaratne WW WWV RSP USP psc of Sri Lanka Air Force paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters, prior to his departure on 30 July 2023.

The Army Commander extending his best wishes to the designated Senior Officer underlined the importance of the appointment and the roles as a diplomat for the best interests of the country.

At the end of this cordial meeting, the Commander of the Army presented a memento to newly-appointed Defence Advisor as a token of goodwill.

## Former Gajaba Regiment Veteran Meets Army Commander

Lieutenant General Jagath Dias (Rtd) WWV RWP RSP VSV USP ndc, one of the most senior veterans in the 'Keterian' family, Gajaba Regiment and a former Chief of Staff of the Army paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 13 July 2023.

Lieutenant General Jagath Dias (Rtd), one of the proud products of the Gajaba Regiment is famed as a distinguished warrior with dedication and the notable service to the Army at operational, administrative and academic levels.

Commander of the Army during the brief interaction recalled the retired Senior Officer's valuable contribution to the Army holding varied and responsible appointments during his career of more than 35 years. He also extended best wishes to the visiting senior Keterian by presenting a memento.







## Chief of Guardians of the Skies Calls on Army Commander

Air Marshal Udeni Rajapaksa RSP and two Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, MA in IS&S (UK), BSc (Def Stu), MIM (SL), AMIE (SL), rcds, psc, the recently-appointed 19th Commander of the Air Force was warmly welcomed on 13 July 2023 to the Army Headquarters amid ceremonial honours. Commander of the Air Force met the Army Commander to pay courtesies upon assumption of his new office.

During the cordial meetings, both recalled the close ties of cooperation prevailing between the Army and the Air Force in different spheres of duties and responsibilities and the excellent contribution made by Airmen towards the eradication of LTTE terrorism in the past. Towards the end of the meet, both of them exchanged mementoes to signify the importance of the meeting.

## COMMANDER PAYS LAST TRIBUTE TO LIEUTENANT COLONEL R P K S RANASINGHE



The funeral of Lieutenant Colonel Sudesh Ranasinghe, Staff Officer 1 (Logistics) Army Sports Development Village – Panagoda who passed away on 05 July 2023 at base hospital Homagama due to a sudden illness, took place at General Cemetery, Galavilawaththna on 07 July 2023 amidst military honours and a gathering of his close military colleagues, family members and mourners.

The Commander of the Army and also the Colonel of the Regiment Sri Lanka National Guard Lieutenant General H L V M Liyanage RWP RSP ndu paid his respect at the military funeral. At the cemetery, large number of Officers and Other Rankers paid their final salute to the late officer.



## Chief of Staff Takes Over Duties in His New Office amid Blessings & Greetings

Major General W A S S Wanasinghe RSP VSV USP ndu of the Sri Lanka Artillery assumed office as Chief of Staff (COS), on 20 July 2023 at his new office at the Army Headquarters during a simple ceremony amid the blessings of 'Maha Sangha'.

He also joins history by accepting this high profile office as the eldest son of one of the former Commanders of the Army, Lieutenant General Hamilton Wanasinghe (Rtd) VSV USP ndc the 11<sup>th</sup> Commander of the Army. Prior to this new appointment, Major General W A S S Wanasinghe RSP VSV USP ndu served as the Deputy Chief of Staff. His father also had the distinction of serving as the 19<sup>th</sup> Chief of Staff in the Army.

He joined the Sri Lanka Army as an Officer Cadet on 16 March 1987 in the Intake 27. Upon successful completion of the basic military training at the Sri Lanka Military Academy at Diyatalawa, he was commissioned in the rank of Second Lieutenant and was posted to the Sri Lanka Artillery (SLA) Regiment of the Sri Lanka Army on 10 December 1988. Since then he has held number of appointments including Commandant of the Sri Lanka Army Volunteer Force and the Deputy Chief of Staff prior to his assumption as the Chief of Staff of the Army.



The Senior Officer has been adorned with gallantry award of Rana Sura Padakkama (RSP) for his distinguished conduct in the face of the enemy. He was also decorated with Vishista Seva Vibushanaya (VSV), Utthama Seva Padakkama (USP), Campaign Medals of East Humanitarian Operation Medal, North Humanitarian Operation Medal, Purna Bhumi Padakkama, North and East Operations Medal, and Riviresa Campaign Service Medal. Further, he received 50<sup>th</sup> Independence Anniversary Medal in 1998, Sri Lanka Army 50<sup>th</sup> Anniversary Medal in 1999, 75<sup>th</sup> Independence Day Commemoration Medal in 2023, Sri Lanka Armed Services Long Service Medal, Sewabhimani Medal, and Service Medal in recognition of his distinguished service to the organisation. The Senior Gunner, himself a very skilled sniper and a leading shooter and has also received Army Colours in the 22 Rifle Shooting Tournament in 1990. In 1991, he was awarded medals by the then President for his achievements in the Rifle Shooting Tournament.

## New Deputy Chief of Staff Begins Office amid Greetings

Major General C D Ranasinghe RWP RSP of the Gajaba Regiment, the newly-appointed Deputy Chief of Staff (DCOS) of the Army assumed office on 18 July 2023 at the Army Headquarters during a simple ceremony amid religious blessings.

Prior to this new appointment, Major General C D Ranasinghe RWP RSP served as the Commander, Security Forces (Wanni) for more than 21 months since the year 2021. Major General C D Ranasinghe RWP RSP had the distinction of serving as the Company Commander of the 4 Gajaba Regiment when the present Commander of the Army, Lieutenant General H L V M Liyanage RWP RSP ndu was holding the appointment as the Adjutant in the 4 Gajaba Regiment. During the height of the war for peace before May 2009, Major General C D Ranasinghe RWP RSP also served as the Commanding Officer of 14 Gajaba Regiment.

He joined the Army as an Officer Cadet in 1987 and was commissioned as a Second Lieutenant into one of the most respected Infantry Regiments in the Sri Lanka Army, the Gajaba Regiment on 10 December 1988. He counts over 35 years of



distinguished military service. He has held number of appointments during his tenure and prior to this new appointment, Major General C D Ranasinghe RWP RSP served as the Commander, Security Forces (Wanni) for more than 21 months since the year 2021. The Senior Officer has been awarded with 'Rana Wickrama Paddakkama' and 'Rana Sura Paddakkama' in recognition of the gallantry and bravery, shown in the face of the enemy in battlefield.



## The Commandant - SLAVF Declares Open the New Accommodation Facility for the Officers



Newly-built accommodation for Officers in the Sri Lanka Army Volunteer Force was vested by Major General S U M N Manage WWV RWP RSP psc the Commandant of the Sri Lanka Army Volunteer Force on 17 July 2023 at the Headquarters premises. Major General M T K R Silva KSP Deputy Commandant Sri Lanka Army Volunteer Force, Officers and Other Ranks participated in the event.



## “Diners Club” at SLAVF



A thoughtful professional discussion of military which is often known as, 'Diners Club' took place at Rendevous Pavilion on 18 July 2023 for the Regimental Sergeant Majors of the volunteer battalions and Senior Non-commissioned Officers of Sri Lanka Army Volunteer Force Headquarters on the concept of Major General S U M N Manage WWV RWP RSP psc Commandant, Sri Lanka Army Volunteer Force under the close supervision of Major General M T K R Silva KSP Deputy Commandant, Sri Lanka Army Volunteer Force.







Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc the Commander Security Forces (Jaffna) marked his maiden visit to Headquarters 51 and 52 Infantry Divisions at Kopay on 13 June 2023 after assumption of his duties.

## COMMANDER SECURITY FORCES (JAFFNA) VISITS 51 INFANTRY DIVISION

After addressing the Officers and Other Ranks, the Commander Security Forces (Jaffna) explained his vision and expectation to troops under his command. Before his departure, Commander Security Forces (Jaffna) visited the Kankesanthurai Ammunition Dump area along with the General Officer Commanding 51 Infantry Division. Brigade Commanders and Commanding Officers, Officers and Other Ranks participated in the event.



## A NEW HOUSE VESTED FOR A NEEDY FAMILY IN URUMPIRAI



Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander Security Forces (Jaffna) handed over a newly constructed house for Mrs. Santheepa Vimaladasan resided in Urumpirai on 4 July 2023.

Technical assistance for the project was provided by troops of 15 Battalion Sri Lanka National Guard under the directions of Major A D S D Athukorala Commanding Officer 15 Sri Lanka National Guard. Mrs Haily Madison, Mr. Daniel Milan Balaraj and Vanni Aid of Canada extended the financial generosity for the charity work.



Also, another new house built for Mr. S Jesli Jeyaraj resided at Kaddeyikadu, Watthirayan was also vested for the beneficiary on 18 June 2023. The Project was implimented under the supervision of Brigadier G S K Perera RSP Commander, 553 Infantry Brigade. 12 Vijayabahu Infantry Regiment extended the manpower and technical expertise for the task.



## Vauniya Traders' Association Building Declared Open



Trade Association Building was constructed on a request made of Mr. Shanmugarajah Sujen, the chairman of the Traders' Association – Vavuniya, was unveiled on 09 July 2023. Major General C D Ranasinghe RWP RSP Commander Security Forces (Wanni) graced the occasion as the Chief Guest. Troops of 56 Infantry Division extended their technical expertise and manpower for the construction of the two storey building under the supervision of Major General H G P M Kariyawasam RSP ndc psc IG General Officer Commanding, 56 Infantry Division.

Mr. Saman Bandulasena Chief Secretary – Northern Province, Mr. P A Sarath Chandra, District Secretary – Vavuniya P Ampavila, Deputy Inspector General – Vavuniya, Mr. Shanmugarajah Sujen President of Traders' Association Vavuniya –and members of Traders' Association. General Officer Commanding of 56 Infantry Division and Priests of Hindu, Muslim, and Catholic participated in the event.

## Successful Completion of Battalion Training



The 11th Gemunu Watch completed their battalion training course at the Battalion Training School, Kalyanipura on 20 June 2023. The training comprised of 10 Officers and 301 Other Ranks, started on May 2, 2023 and reached its culmination on 20 June 2023 with the closing remarks of Major General C D Ranasinghe RWP RSP Commander, Security Forces (Wanni).

Conducting the closing remarks the Commander, Security Forces (Wanni), elucidated the importance of battalion training amidst numerous constraints and awarded certificates and trophies to those who had exhibited special skills during the course.

General Officer Commanding, 62 Infantry Division, Commanders 621 and 623 Infantry Brigades, Chief Instructor, Senior Officers, Officers and Other Ranks witnessed the closing ceremony.



## COMMANDER SECURITY FORCES (EAST) OFFERS "SANGAWASA" TO SINHAPURA SRI GAMUNU VIHARAYA

The newly established "Sangawasa" for Sri Gamunu Viharaya at Sinhapura was vested for Dikelle Ghanapradeepalankara Nayaka Thero, the Chief Incumbent of the temple by Major General U D Wijesekara RWP RSP USP Rcds psc Commander Security Forces (East) on 2 July 2023.

This was made possible with the generosity extended by Mr. Chinthaka Abesekara an old Royalist and Mrs. Theja Kapuruge an old Vishakiyan with the coordination of Mr. Prasad Lokubalasooriya. The 9 Field Regiment Sri Lanka Artillery has provided a workforce for the construction under the close supervision of Colonel A K C S De Silva RSP Brigade Commander, 233 Infantry Brigade, and Lieutenant Colonel M I S Chandrakumara USP psc IG Commanding Officer of 9 Field Regiment Sri Lanka Artillery.

Commander, 233 Infantry Brigade, Commanding Officer, 9 Sri Lanka Artillery, Officers and Other Ranks participated in the event.



## COMMANDER SECURITY FORCES (EAST) DECLARES OPEN THE "PANSALGALA ABHINAWARAMA STUPA KOTHA"

Major General U D Wijesekara RWP RSP USP Rcds psc Commander Security Forces (East) exposed the "Kotha"(pinnacle) of the Keviliyamaduwa Pansalgala Abhinawarama temple stupa of Batticaloa district amid the religious rituals of "Maha Sangha" on 02 July 2023 at the invitation of Venerable Ampitiye Sumanarathana Thero Batticaloa district Sanghanayake, and council members of devotees.

The Abhinawarama temple stupa was constructed by the troops of Civil Defence Force under the supervision of Lieutenant Colonel D L Y A Lakpura, Commanding Officer of Mahaoya Civil Defence Force and devotees of the Abhinawarama temple. The construction started with the donation of retired Principal Mrs. Gunawathi Perera. Mr. and Mrs. Bandaranayake resided in the United Kingdom, Mr. Rasika Lakmal, Mrs. Pushpa Hettiararchchi, local and foreign devotees extended their generosity for the project.

Major General Ranjan Lamahewa, Director General of Civil Defence Force, Commander, 231 Infantry Brigade, Officers and Other Ranks also participated in the event.





## Atha Hitha -2023 Community Project



592 Infantry Brigade distributed a large stock of school accessories among 110 needy students studying in Thannimurippu Primary School and Unnapillaw Primary School on 04 July 2023. The charity project came into reality through the sponsorships extended jointly by the Past Pupils' Association of Colombo Royal College and Alumni Association of University of Sri Jayewardenepura, through the coordination of Mr. Prabath Lokubalasuriya, the founder of 'Atha Hitha' Foundation.



The project launched under the conceptual layout of Major General M K Jayawardena RSP VSV USP ndu Commander, Security Forces (Mullaitivu) and Colonel Commandant of the Corps of Sri Lanka Engineers, whilst Brigadier S D P C Arachchige Commander, 592 Infantry Brigade supervised the project.



### New house vested in underprivileged family at Udayarkattu

A new house built for a needy family residing in Udayarkattu, vested for the beneficiaries by Major General M K Jayawardhana RSP VSV USP Commander, Security Forces (Mullaitivu) during a brief ceremony on 29 July 2023.

The project launched under the conceptual layout of Major General S Kasthurimudali RSP ndc psc General Officer Commanding, 68 Infantry Division spending Rs1.5 Million. Troops of 6 Gemunu Watch undercommand to 681 Infantry Brigade extended the technical and engineering expertise for the project. In line with the same event, furniture for the house was also donated.





## NEW SLAGSC COLONEL COMMANDANT MAKES FIRST VISIT TO SRI LANKA ARMY GENERAL SERVICE CORPS REGIMENT

Major General D M K D B Pussella RWP RSP Colonel Commandant, Sri Lanka Army General Service Corps (SLAGSC) and the Commander Security Forces (West), made his inaugural official visit to the Sri Lanka Army General Service Corps Regiment on 04 July 2023 after assuming his office as the Colonel Commandant, Sri Lanka Army General Service Corps.

During the interactions, Colonel Commandant emphasised the importance of maintaining the highest degree of discipline and professionalism among soldiers preserving the deep rooted military traditions. Further, they discussed improving the infrastructure of the Sri Lanka Army General Service Corps Regiment.



## A NEW HOUSE FOR NEEDY FAMILY IN RAMBUKKANA



Troops of the 611 Infantry Brigade, in collaboration with People's Bank Regional Head Office in Kegalle constructed a new house for Mrs. K A Nilimini Dilrukshi, a mother of three children, residing in Eriyagoda Grama Niladari Division, Rambukkana on 6 July 2023.

Commander of the 611 Infantry Brigade and People's Bank Regional Head Office in Kegalle, contributed the necessary funds and resources for the construction of the house. Troops of 8 Battalion Sri Lanka Sinha Regiment and 8 Battalion Gemunu Watch extended the technical expertise and manpower for the project. The charity project came into reality in line with the 62nd anniversary of the People's Bank.

Commander Security Forces (West), General Officer Commanding 61 Infantry Division, Commander 611 Infantry Brigade, respective Commanding Officers and officials of the People's Bank Regional Head Office, Kegalle participated in the event.



## Commander Security Forces (Central) Visits Sri Lanka Military Academy

Major General W W H R V M N D K B Niyangoda RWP RSP USP VSV ndu psc newly appointed Commander Security Forces (Central), made an official visit to Sri Lanka Military Academy in Diyatalawa on 15 July 2023. Commandant of the Sri Lanka Military Academy extended a warm welcome to the visiting Commander Security Forces (Central) according him with a Guard Turnout at the main entrance. After the ceremonial formalities, Commander Security Forces (Central) shared thoughts with Officer Cadets. Senior Staff Officers, Officer Instructors and Officer Cadets participated in the event.



## Commander, Logistic Command Inspects Army Ordnance Factory



Major General S P A I M B Samarakoon Hdmc Lsc Commander, Logistic Command visited and inspected Army Ordnance Factory, Central Ammunition Depot and Army Apparel Store on 24 July 2023. Sharing the thoughts with the Staff and the employees, the Commander, Logistic Command inquired the requirements during the visit.



## FIRST OFFICIAL VISIT OF THE COLONEL OF THE REGIMENT- MECHANIZED INFANTRY REGIMENT



After assuming the office as the 15<sup>th</sup> Colonel of the Regiment of the Mechanized Infantry Regiment, Major General H M U Herath RWP RSP VSV USP Hdmc psc General Officer Commanding, 61 Infantry Division, made his first official visit to the Training Centers under command to Mechanized Infantry Regiment, 1 and 2 Mechanized Infantry Regiments.

## 9<sup>TH</sup> REGIMENT SRI LANKA SIGNAL CORPS CELEBRATES ITS 15<sup>TH</sup> ANNIVERSARY



9<sup>th</sup> Regiment Sri Lanka Signal Corps proudly commemorated their 15<sup>th</sup> Anniversary at the Regiment's premises under the patronage of Commanding Officer, 9<sup>th</sup> Regiment Sri Lanka Signal Corps on 15 July 2023. In line with the same event, a flag blessing event was held at unit Temple and Kanakambikai Kulam Kovil with the participation of Commanding Officer and Other Ranks of the unit on 11 and 12 July 2023.

On the anniversary day, (15 July 2023) the unit accorded a ceremonial Guard Turnout to the Commanding Officer, 9<sup>th</sup> Regiment Sri Lanka Signal Corps. Further, an all ranks lunch was organised in line with the anniversary after the troop address of Commanding Officer, 9<sup>th</sup> Regiment Sri Lanka Signal Corps. Major General K A W S Ratnayake ndu Chief Signal Officer and Colonel Commandant of Sri Lanka Signal Corps also participated in the anniversary celebrations.

## DINERS CLUB SESSION CONDUCTED AT 56 INFANTRY DIVISION

Under the guidance of Major General H G P M Kariyawasam RSP ndc psc IG General Officer Commanding 56 Infantry Division and direct supervision of Brigadier K M G Bandaranayake USP psc Brigade Commander 561 Infantry Brigade a Diners Club session was successfully held at Officers' Mess of 56 Infantry Division on 27 June 2023.

Dr. Dilani Kasundara Hettiarachchi Senior Lecturer of Rajarata University of Sri Lanka, conducted a timely and important lecture on "Keeping Healthy Work Life Balance".

General Officer Commanding 56 Infantry Division, Brigadier Admin and Quartering Security Forces Headquarters (Wanni), Brigade Commanders and all officers of 561, 562 and 563 Infantry Brigades also participated in this session.





## 8 SLSR CONDUCTS A LEADERSHIP PROGRAMME FOR STUDENTS

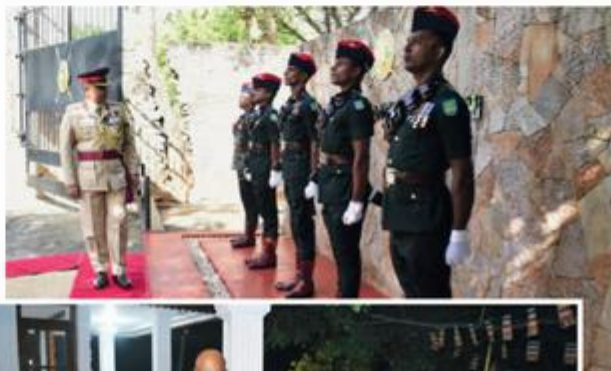
The troops of 8 Battalion Sri Lanka Sinha Regiment, under the 611 Infantry Brigade, recently conducted a specially designed leadership training programme for 50 students including prefects of Udamakadawara Primary School in Kegalle on 01 July 2023. The leadership programme consisted of a variety of sessions, including lectures, indoor and outdoor exercises, and demonstrations. The session was conducted by troops of 8 Sri Lanka Sinha Regiment and 611 Infantry Division.



These sessions were designed to provide the students with a realistic training experience, allowing them to gain valuable insights and experiences in the art of leadership at request of the school authority. Commander, 611 Infantry Division mediated the project and Commander, 611 Infantry Brigade and 8 Battalion Sri Lanka Sinha Regiment provided the supervision.

## 26<sup>TH</sup> ANNIVERSARY OF 23 INFANTRY DIVISION

23 Infantry Division Headquarters celebrated its 26<sup>th</sup> anniversary with a series of events that showcased the division's commitment to its soldiers and the local community. The celebrations were held on 23 July 2023, under the guidance and leadership of Brigadier K V N P Premarathne RSP USP psc General Officer Commanding, 23 Infantry Division. Troops of 23 Infantry Division accorded a guard turnout to their General Officer Commanding 23 Infantry Division.



Accordingly, lunch was offered to the Kirimichcholei Tamil mixed school in Kalkuda, Batticaloa on 20 July 2023 and school accessories were also distributed. Then a Bhodhi Pooja was held in memory of fallen War Heroes at Pagoda in 23 Infantry Division. On 23 July 2023, General Officer Commanding of 23 Infantry Division headed the celebrations and addressed the troops.



## THE CHIEF SIGNAL OFFICER VISITS 1<sup>ST</sup> REGIMENT SRI LANKA SIGNAL CORPS



Major General K A W S Ratnayake ndu the Chief Signal Officer of Sri Lanka Army and the Colonel Commandant of Sri Lanka Signal Corps, made his maiden official visit to 1<sup>st</sup> Regiment Sri Lanka Signal Corps on 15 July 2023. During his visit, Chief Signal Officer addressed the troops and conducted a comprehensive briefing on general, administration and logistic matters.



## A MEDICAL CLINIC AND SCHOOL ACCESSORIES DISTRIBUTED



Troops of 233 Infantry Brigade with the objective of raising health standards of poor civilians in the area, organised a mobile medical clinic and a distribution of 150 sets of school accessories and books worth of Rs. 200,000.00 among the poverty-stricken students at Vakarai Maha Vidyalaya on 09 July 2023.

Colonel A K C S De Silva RSP Commander, 233 Infantry Brigade supervised the project and Professor Janaka Ramanayake, Dr Dinusha Perera and 31 other medical professionals in the Family Medical Department and the Faculty of Medicine of University of Kelaniya cooperated with the project. Vision testing, hearing and speech testing, BMI testing, blood pressure testing, random blood sugar testing, awareness programme and a medical exhibition were conducted during the arrangement. Apart from the above, medicine and spectacles, worth of Rs. 250,000.00 were distributed during the clinic. More than 200 civilians and 150 students participated in the event.

In addition Brigadier R W K Hewage RWP RSP former Brigade Commander of the 233 Infantry Brigade, Colonel A K C S De Silva RSP Commander of the 233 Infantry Brigade, Lieutenant Colonel M I S Chandra Kumara USP Commanding Officer of 9 Sri Lanka Artillery, Major R M L I Rathnayaka USP Commanding Officer of 6 Gajaba Regiment, Officers and Other Ranks took part in both community-oriented projects.

## NOBLE PROJECT AT GENERAL HOSPITAL- KURUNEGALA



Under the guidance of the Commander 143 Infantry Brigade, King Coconut (Thambili) were distributed among patients at the General Hospital Kurunegala on 17 June 2023. The project came into reality under the supervision of Commander, 143 Infantry Brigade. Army personnel and the hospital staff worked hand in hand to ensure that the patients' needs were met with utmost care and attention.

## ALMSGIVING FROM SECURITY FORCES (WEST)

In line with the Esala Poya Day, troops of Security Forces Headquarters (West) in collaboration with K D Construction Pvt. Ltd. and Mawathgama Tharuna Kela organised a rice dansala and an ice cream dansala at Mawathgama College Ground, Homagama on 03 July 2023. The charity project came into reality under the directions of Commander, Security Forces Headquarters (West).





## NEW OFFICERS' MESS AT SLACAL DECLARED OPEN



Major General W B S MAbesekara RSP VSV USP Director General Budget and Finance and Colonel Commandant Sri Lanka Army Corps of Agriculture and Livestock declared open newly constructed Officers' Mess at Sri Lanka Army Corps of Agriculture and Livestock Regiment premises on 21 July 2023.

## COMMANDANT - ARMY TRAINING SCHOOL DECLARES OPEN RENOVATED COMPLEX

Brigadier K W N H Bandaranayaka USP Commandant, Army Training School, Maduru Oya declared open repaired cafeteria, bookshop, barbershop and tailor shop established for the benefit of the Officers and Other Ranks who follow the courses at the Army Training School, Maduru Oya on 8 July 2023.



## APPRECIATING THE ACHIEVEMENT



In a first-of-its-kind achievement, 20 year old resident in Kalladi in Batticola completed swimming across setting a record as the 4<sup>th</sup> swimmer who swam from Dhanushkodi in India to Talaimannar in Sri Lanka on 5 May 2023 in 12 hours and 58 minutes. In appreciation of his achievement, 231 Infantry Brigade organised a felicitation event. District Secretary of Batticola, Commander, 231 Infantry Brigade, Zonal Education Director, Principal – St. Michael School, Batticola, District Commissioner of Scouts in Batticola also participated in the event.

Further in appreciation of his achievement, Commander, 231 Infantry Brigade gifted a memento and MJF Lion Club extended a financial gift.



## Donations for 'Mihindu Seth Medura' War Heroes



Old Boys of Colombo Ananda College visited 'Mihindu Seth Medura' War Heroes at Attidiya and had a cordial interaction with them in an attempt to appreciate their bravery and heroism on 07 July 2023. During the cordial interactions, the Old Boys of Ananda College, Colombo offered them tea and donated a stock of cement bags for the refurbishment process of their Ayurvedic treatment building and new television. Commandant of Mihindu Seth Medura, Officers and staff also joined the occasion.

## BLOOD DONATION AT 6 SRI LANKA ARMoured CORPS



Troops of the 6 Sri Lanka Armoured Corps (6 SLAC) of the 223 Infantry Brigade organised a blood donation campaign on 04 July 2023 at the camp premises in Morawewa in cooperation with medical officials at Trincomalee District Hospital Blood Bank.



A total of 55 troops of the 6 Sri Lanka Armoured Corps voluntarily donated their blood during the programme for the benefit of seriously-ill patients in Trincomalee as the Blood Bank has run short of blood for surgeries. The blood donation programme was arranged under the supervision of Lieutenant Colonel P W N P W B S U B Pilimathalawa psc Commanding Officer, Sri Lanka Armoured Corps.

## MOGGOLLANA PAGODA DECLARED OPEN FOR PUBLIC VENERATION



2 Sri Lanka Corps of Military Police established Mogollana Pagoda at the Giritale lake bund in Minneriya following the conceptual layout of Commanding Officer, 2 Sri Lanka Corps of Military Police. After the construction, beautifully constructed pagoda was declared open for the public veneration. Major General A L Illangakoon Colonel Commandant of the Sri Lanka Corps of Military Police graced the programme as the Chief Guest.





## UN OFFICIALS INSPECT COE OF SRI LANKA ARMY'S 5<sup>TH</sup> COMBAT CONVOY COMPANY



The Contingent's Own Equipment (COE) inspection of the Sri Lanka Combat Convoy Company serving in the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) was conducted at Gao Super Camp on 25 July 2023 with the participation of United Nations officials.

The COE inspection is held quarterly to verify whether sets of major equipment and self-sustainment provided by the troop contributing country and is carried out as per UN standards. During the inspection, vehicles, weapons, ammunition, medical, accommodation, welfare facilities and all other equipment were closely checked by the visiting UN inspection team, Mr. Jorge Soares, Mrs. Nela Carapic, Mr. Abdoulaye Toure and Mrs. Fatima Guillen in accordance with provisions in the Memorandum of Understanding (MOU).

## 14 SLFPC TROOPS IN LEBANON FACE THIRD QUARTER COE INSPECTION



The Contingent's Own Equipment (COE) inspection of the Sri Lanka Combat Convoy Company serving the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) was conducted at Gao Super Camp on 25 July 2023 with the participation of United Nations officials.

The quarterly inspection is carried out to assess the serviceability of equipment provided by the Sri Lankan government to the SLFPC in order to ensure major and minor equipment meet the performance standards, set out by the UN as stated in the Memorandum of Understanding (MOU) signed between the government of Sri Lanka and the UNIFIL for the duration of the deployment of such equipment.



The team, headed by COE Chief, Miss Mona inspected all the COE under categories such as Containers, Combat Vehicles, Support Vehicles-Commercial pattern, Support Vehicle - Military pattern, Armament, Ammunition, Logistic Equipment, etc under major equipment category, provided by the government to ensure their self-sustainment. Responsible Officers of the 14 SLFPC, including Lieutenant Colonel D P L T Kaluaggala the Contingent Commander, liaised with the inspection.



## SL Army Won Best Team Work Award in 'Sharp Blade' Sniper Competition in China



The 'Sharp Blade-2023' International Sniper Competition was held in Urumqi, China from 9-16 July 2023 with the participation of 46 snipers representing 18 countries. Major R M T M Rathnayake of Gemunu Watch and Captain R T D Perera of Sri Lanka National Guard participated in the competition on behalf of the country and won the Best Team Work award.

The competition has newly set up the challenge sniping subject, which requires two participants to carefully recognise different sizes and patterns of targets and complete five rounds of shooting within 120 seconds. The shooting requires the participants to make quick choices and judgments in the moving process. This competition has set up 12 competition subjects in four categories, including precision sniping, moving-target sniping and position-rotation sniping.



## 'Exercise Falcon Strike I - 22/23'



The 1st serial of the 'Exercise Falcon Strike I - 22/23' of the United Nations Interim Force in Lebanon Joint Operations Centre (UNIFIL - JOC) was held on 22 June 2023 with the participation of UNIFIL Force Headquarters Support Units (FHQSU) Training Branch, Indonesian Force Protection Unit (INDO FPU), Sri Lankan Force Protection Company (SLFPC), Tanzanian Military Unit (TAN MPU), UNIFIL Hospital and representatives of the UNIFIL Security Section.

The day and night Exercise focused largely on mock control of crowds, rocket shelling attack, forcible entry of unauthorised vehicles into the camp, riot control, threat scenario, etc. 4 Armoured Personnel Carriers, 20 Riot Control personnel, Radio Operators, Medical representatives and Sniffer Dogs of the SLFPC contributed to the event at their level best.



# Donation for Expecting Mothers

In line with the 39<sup>th</sup> anniversary of Army Seva Vanitha Unit, delicious lunch and essential items distribution programme was held at the Sri Lanka Army Headquarters under the patronage of Mrs. Janaki Liyanage, the President, Army Seva Vnaitha Unit on 12 July 2023. 50 pregnant soldiers serving at the directorates and branches of the Sri Lanka Army Headquarters benefited from the programme.











## SLSC YOGHURT PRODUCTION EXTENDED TO DIYATALAWA

Expanding the ongoing yoghurt production, newly installed 'Yoghurt' producing center was declared open at 8 Sri Lanka Service Corps (SLASC) camp premises in Diyathalawa. Mrs. Janaki Liyanage, the President, Army Seva Vanitha Unit graced the occasion as the Chief Guest on invitation of Mrs. Thushari Wanigasekara, the President of Sri Lanka Service Corps Seva Vanitha Branch on 2 July 2023.

Major General W M R W W S J B Wanigasekara USP Master General Ordnance and Colonel Commandant of Sri Lanka Army Service Corps, Senior members of Army Seva Vanitha Unit, Senior Officers and Other Ranks participated in the inaugural ceremony.





## SRI LANKA LIGHT INFANTRY SEVA VANITHA BRANCH



Newly appointed President of Sri Lanka Light Infantry Seva Vanitha Branch assumed her office on 16 July 2023 as the 12<sup>th</sup> President of Sri Lanka Light Infantry Seva Vanitha Branch. Mrs. Uthpala Hettiarachchi has actively engaged in number of Welfare activities as a member of Sri Lanka Light Infantry Seva Vanitha Branch before assumption of the office. After the assumption, she made aware the members of Sri Lanka Light Infantry Seva Vanitha Branch on future welfare projects.

## GEMUNU WATCH SEVA VANITHA BRANCH



With the intention of uplifting the spirits of differently – abled War Heroes and inquiring about their well-being, Mrs. Manori Welagedara, Chairperson and members of the Seva Vanitha Branch of the Gemunu Watch visited the "Mihindu Seth Medura" wellness resort at Attidiya on 5 July 2023.

During their close interaction with 27 differently-abled War Heroes, delicious refreshment was offered for the resident War Heroes. Apart from that, gift vouchers, emergency lights and material were also distributed to develop infrastructural facilities at Mihindu Seth Medura.

## COMMANDO REGIMENT SEVA VANITHA BRANCH



A laptop was donated for a needy child of civil staff serving at Commando Regiment as an encouragement for her higher studies on 11 July 2023 at Regimental Centre, Commando Regiment. The beneficiary - Miss. Kalani Bhagya Ranasinghe is an undergraduate of University of Sri Jayawardhenepura. The donation was made in memory of beloved father, Mr. Kapila Abegunawardhana General Manager of Aitken Spence.



## CORPS OF ENGINEER SERVICES SEVA VANITHA BRANCH



In line with the Corps day of the 7 (V) Corps of Engineer Services, gift vouchers each worth of Rs. 5000.00 were distributed among the deserved children of Officers and Other Ranks who excelled in Grade 5 Scholarship Examination, G.C.E (O/L), G.C.E (A/L) examinations. In addition, 22 special need students were also received the gift parcels during the same event. D Samson Industries (Pvt) Ltd (DSI) extended the sponsorship for the charity event. The President of Corps of Engineer Services Seva Vanitha Branch coordinated the project.

## SRI LANKA CORPS OF MILITARY POLICE SEVA VANITHA BRANCH



Mrs. Priyanthika De Soysa, the President of Sri Lanka Corps of Military Police Seva Vanitha Branch together with members visited the Ward No. 5 at Hospital in Mulleriyawa and donated the essentials for indoor patients in the hospital. During the interaction, members of Sri Lanka Corps of Military Police Seva Vanitha Branch entertained them with a calypso music after offering them delicious lunch. The visit took place on 22 July 2023.



Further blood donation organised by Sri Lanka Corps of Military Police Seva Vanitha Branch was held on 27 June 2023 at Regimental Centre, Sri Lanka Corps of Military Police. 7 Sri Lanka Corps of Military Police and Special Investigation section of Sri Lanka Corps of Military Police were also joined with the blood donation. More than 100 personnel including Officers and Other Ranks donated their blood during this charity event, held in cooperation with Military Hospital, Narahenpita. The President, Sri Lanka Corps of Military Police Seva Vanitha Branch, Major General A C A De Silva Provost Marshal, Officers, President of Sri Lanka Corps of Military Police Seva Vanitha Branch participated in the event.



## MILITARY INTELLIGENCE SEVA VANITHA BRANCH



Members of Military Intelligence Corps Seva Vanitha Branch organised an alms giving for breakfast and lunch on 29 July 2023 at Warusavithana Elders' Home in Ambalangoda. This charity work was launched by Sri Lanka Military Intelligence Seva Vanitha Branch to involve the blessings for fallen War Heroes.

## SRI LANKA ARMY ORDNANCE CORPS SEVA VANITHA BRANCH



Following a conceptual framework of President of Sri Lanka Army Ordnance Corps Seva Vanitha Branch, a donation of essential items was organised at Maha Bhodhi Orphanage on 17 June 2023. Members of Sri Lanka Army Ordnance Corps Seva Vanitha Branch participated in the event.

## SRI LANKA ARMY WOMEN'S CORPS SEVA VANITHA BRANCH



The annual general meeting of Sri Lanka Army Women's Corps Seva Vanitha Branch was held on 28 June 2023 at Sri Lanka Engineers Regimental Centre in Panagoda. During the programme the welfare projects to be implemented in the future were discussed. In line with the same event, fresh vegetable parcels were also distributed among civil staff serving in Regimental Headquarters Sri Lanka Army Women's Corps and 1 Sri Lanka Army Women's Corps.



HEROES ADORNED WITH PARAMA WEERA VIBUSHANAYA



*S/511904 S/Sgt Bandara HGS  
PWV RSP  
Vijayabahu Infantry Regiment*

# Exceptional Gallantry at Nandikadal



Mr. Horana Gedara Karunaratna Abesekara and Mrs. Mahakumbure Adara Chithralatha were blessed with a son, Horana Gedara Senarath Bandara on 26 April 1979, in Kurunegala. The family was happy with their new born son as a couple but they had never thought that his name would enter the history for his unwavering dedication and valour.

Senarath Bandara's journey in education commenced at K/ Samodya Primary School on 1 December 1984. He later attended Sri Anandarama Pothgul Viharaya in Kotikapola and Sri Rahula Dhamma School, where he honed his intellect and character.

In 1987, after he terminated his schooling, Senarath Bandara determined to achieve his childhood dream. Troubled by the scourge of terrorism that plagued the nation, he yearned to join the Sri Lanka Army to play his part in eradicating that menace. Initially met with reluctance from his parents, his persistence eventually won them over.

His recruitment into the Sri Lanka Army Regular Force on 26 November 1987, marked the beginning of a challenging military journey. Following rigorous training at the Training School of Vijayabahu Infantry Regiment in Puttalam under Course No. 24, he passed out as a regular infantryman on 20 February 1988, and was assigned to 8 Vijayabahu Infantry Regiment.

In the meantime, his excellence led to an internal transfer to 4 Vijayabahu Infantry Regiment, where he served with distinction in various conflict zones, including Paranthan, Elephant Pass, Weththalakeni, Chavakachcheri, and Kilinochchi frontlines.

In recognition of his outstanding abilities, Private Senarath Bandara was promoted to Lance Corporal on 31 December 2002. He continued to excel, earning a place in Junior Instructor Course No. 43 on 13 October 2004, and subsequently promoted to the rank of Corporal on 1 December 2004. Throughout his service, Corporal Senarath Bandara's dedication remained unwavering.

He met Miss. K Dardhani Nayana Weregoda during his deployment in Welikanda, and their friendship blossomed into a deep relationship. With the blessings of their parents, they tied the knot in formally registering their marriage on 5 May 2007, at Manampitiya Registrar Office. By this time, he had promoted to the rank of Sergeant.

Sergeant Senarath Bandara's leadership skills shone through during his deployment in Vavuniya, where he was appointed as the Section Commander of "D" Squadron. His exceptional leadership led to a successful attack on an enemy observation point and the destruction of enemy mortar positions. His dedication played a pivotal role in conquering Pulmude, earning him the prestigious "Rana Sura Padakkama" from the Sri Lanka Army.

As his career continued to flourish, Sergeant Senarath Bandara and his wife were blessed with a daughter, marking another significant milestone in his life. After a brief leave to celebrate the birth of his child, he reported to the Puthukkudiyiruppu Forward Defence Line.

On 22 February 2009, together with a group of 22 Other Ranks and an Officer, Sergeant Senarath Bandara

**In recognition of his exceptional acts of gallantry and bravery in the face of the enemy, Sergeant Senarath Bandara was posthumously awarded the Parama Weera Vibhushanaya, the highest military decoration in Sri Lanka, on 19 May 2012, by His Excellency Mahinda Rajapaksha, then President of the Democratic and Socialist Republic of Sri Lanka and Commander in Chief of Armed Forces, during the 65th Independence Day celebrations.**



joined an operation under Squadron "D," following the instructions of the 8<sup>th</sup> Infantry Division. Displaying unmatched courage, his team successfully navigated enemy traps and launched a surprise attack.

For this daring act, he was awarded the second "Rana Sura Padakkama," among several other medals, including the Wanni Humanitarian Padakkama, East Humanitarian Operation Medal, Purna Bhumi Padakkama, North and East Operation Medal, Rivirasa Campaign Service Medal, Sri Lanka Army 50<sup>th</sup> Anniversary Medal, and 50<sup>th</sup> Independence Anniversary Medal.

During the final phase of the Wanni Humanitarian Operation in May 2009, Sergeant Bandara and his team positioned themselves near the Nandikadal lagoon, preparing for an ambush.

When terrorists attempted to attack government forces in small boats, Sergeant Bandara's quick thinking and mortar artillery fire thwarted the enemy's advance. He then ensured the safety of his team members, keeping casualties to a minimum.

Sergeant Senarath Bandara observed the enemy advancing in a coordinated manner along the lagoon. He deployed with an ambush team under the cover of darkness. Using his radio, he promptly reported this enemy movement to higher-ranking authorities, displaying his sense of duty as a defender of his nation. As he assesses the situation, Sergeant Bandara realised that their only option for survival is to engage the encircling enemy in the darkness. Ensuring the safety of his wounded comrades, he assumed a leadership role, encouraging the remaining soldiers to join him in the fight

against the foe.

The battle intensified as the next day dawned. Tragically, Sergeant Senarath Bandara was wounded by a stray bullet during the battle. Despite his injuries, he valiantly continues to fight until his last breath, displaying incomparable bravery and unwavering commitment to his mission and fellow soldiers. However, Sergeant Senarath Bandara's fate did not permit him to continue the fight. Marking the end of another chapter in the story of a courageous War Hero, he bade farewell to his motherland.

In recognition of his exceptional acts of gallantry and bravery in the face of the enemy, Sergeant Senarath Bandara was posthumously awarded the Parama Weera Vibhushanaya, the highest military decoration in Sri Lanka, on 19 May 2012, by His Excellency Mahinda Rajapaksha, then President of the Democratic and Socialist Republic of Sri Lanka and Commander in Chief of Armed Forces, during the 65<sup>th</sup> Independence Day celebrations.

Sergeant Horana Gedara Senarath Bandara's life is a testament to the unwavering commitment and valor of a true War Hero who dedicated himself to the service of his nation, even in the most challenging of circumstances. His legacy lives on as an embodiment of courage and sacrifice in the defense of Sri Lanka.



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# Charity Palmcard

## 1. DISASTER RELIEF ACTION



6 Field Sri Lanka Artillery, 8 Sri Lanka Light Infantry, and 2 (V) Sri Lanka Army Service Corps responded to bring the area normal after heavy rains clearing the traffic disruptions, damages to houses and buildings, on 06 July 2023 and assisted all stakeholders involved in clearing, repairing and removing debris.

## 2. BOOKS FOR MANKULAM



Troops of the 573 Infantry Brigade donated library books to the Mankulam Maha Vidyalaya and Shanmugarathnam Primary School on 25 July 2023.

## 3. DRY RATION FOR VIKUMPURA



Troops of 542 Infantry Brigade distributed dry rations among the residents in 'Vikumpura' model village in Mannar, a habitation, founded by the Commander of the Army some years ago when he was serving the Wanni region as the Commander.

## 4. SCHOOL ACCESSORY DISTRIBUTION



23 Infantry Division awarded free school books and accessories to most deserving 30 students at Kirmichchodei G T M School on 20 July 2023, along with a special lunch treat.

## 5. TROOPS CLEAN PALAI DIVISIONAL HOSPITAL



Troops of 23 Gemunu Watch cleaned the Palai Divisional Hospital compound with the intention of uplifting health standards of the hospital on 26 July 2023.

## 6. SCHOOL BUILDING REPAINTED



Troops of 3 Gemunu Watch repaired Nilwala Kanishta Vidyalaya, Matara on 20-21 July 2023 at the request of school authorities.

## 7. SCHOOL ACCESSORIES FOR SCHOOL CHILDREN



Troops of 17 Gemunu Watch with the cooperation of local philanthropists and donors supplied a stock of school accessories for needy kids learning at the Community Centre Preschool, Reclamation West, Gurunagar in Jaffna on 20 July 2023.

## 8. MOBILE MEDICAL CLINIC AT VAKARAI



Troops of 233 Infantry Brigade organised a mobile medical clinic for the students at Vakara Maha Vidyalaya on 9 July 2023.





### 9. TREAT FOR STUDENTS



In parallel with the 33rd anniversary day of the 3 Sri Lanka National Guard (SLNG) troops of the 122 Infantry Brigade offered a lunch treat to students at Tissamaharama Kawanthissapura Maha Vidyalaya on 7 July 2023.

### 10. ALMS GIVING AT KELANIYA VIHARAYA



2 (V) Battalion of the Sri Lanka Light Infantry (SLLI) Regiment provided breakfast to more than 1000 women devotees at the Kelaniya Raja Maha Viharaya temple premises on 8 July 2023.

### 11. SAVING THE BUS ACCIDENT VICTIMS



Army troops including those from the 12 Gemunu Watch and Sri Lanka Corps of Military Police near Kotaleeya Bridge in Manampitiya rescued the bus passengers fallen into the 'Kotaliya Oya' on 9 July 2023.

### 12. FREE SPECTACLES FOR ODDUSUDAN CIVILIANS



Troops of 64 Infantry Division distributed a stock of free spectacles among poverty-stricken Oddusudan locals through the collaboration of George Gooneratne Optometrists on 2 July 2023 at the Oddusudan National School auditorium.



# History of military headwear





The beret's origin can be traced back to ancient civilizations. The concept of a soft, round hat has been seen in various ancient civilizations, including the ancient Greeks and Romans. However, the beret, as we know it today, has its origins in the Basque region of France and Spain. The beret has been a traditional headgear of the Basque people for centuries. The Basque beret, known as "txapela" in Basque, was originally made of wool and had a round, flat shape. It was typically worn as part of the traditional Basque costume and became a symbol of Basque cultural identity.

The tricorne, also spelled as tricorne, is a type of hat characterized by its three-cornered brim, which was popular during the 17th and 18th centuries. The tricorne's origins can be traced back to the late 17th century, with the hat evolving from the broad-brimmed hats of the 16th century. It was initially worn by European military officers and gradually became fashionable among the upper classes. The design of the tricorne varied among different countries and individuals. Some tricorns had wide brims that were



folded up on the sides, while others had narrower brims that were sharply folded up to create the characteristic three-cornered shape. By the late 18th century, the tricorne began to fall out of fashion, and other hat styles, such as the bicorne, became more popular.

The bicorne, also spelled as bicorne, is a type of hat characterized by its two-pointed brim, which curves upward on both sides. The bicorne's

origins can be traced back to the late 18th century. It evolved from the tricorne, with the brim folded up on both sides to create the characteristic two-pointed shape. The bicorne gained popularity during the late 18th and early 19th centuries, particularly in France. It was officially adopted as part of the uniform for French military officers, including generals and marshals. The bicorne became closely associated with the military dress of the Napoleonic era. It was worn by soldiers and officers in the French Army and was later adopted by other European armies. The design of the bicorne varied among different countries and ranks. Some bicornes had narrower brims, while others had broader brims with more pronounced curves. The bicorne also found its way into civilian fashion during the late 18th and early 19th centuries. It was worn by gentlemen and fashionable men of the time, especially in formal settings. By the mid-19th century, the bicorne began to fall out of fashion, and other hat styles gained



prominence.

The bearskin hat, also known as the busby or the busby hat, has its origins in the 17th century when it was first adopted as part of the uniform of some European hussar regiments. These early hats were made from the pelts of bears, which were readily available at the time. The hussar regiments were known for their



flamboyant uniforms, and the bearskin hat became a symbol of their elite status. The bearskin hat was officially adopted by the British Army in the early 19th century, specifically by the Foot Guards regiments. The British Foot Guards are the elite infantry regiments responsible for guarding the royal residences and important ceremonial duties. The tall and imposing bearskin hat became a distinctive feature of their ceremonial dress uniform. The hats were originally made from the pelts of North American black bears, but due to conservation concerns, the British Army switched to using the pelts of Canadian brown bears in the mid-19th century. Today, the British Army continues to use synthetic bearskin hats, which are more sustainable and easier to maintain.

The shako is a tall, cylindrical military headgear with a flat or slightly sloping top, often adorned with feathers or other decorative elements. Its origins can be traced back to Hungary in the early 18th century, where it was inspired by the traditional





Hungarian headdress. It was initially adopted by Hungarian hussar regiments before being adopted by other European armies. The shako was adopted by several European armies during the late 18th and early 19th centuries. It became particularly popular during the Napoleonic era, worn by both infantry and cavalry units. The height and design of the shako varied among different countries and regiments. Some featured tall and elaborate shakos with decorative plumes, while others had simpler and more practical designs. By the mid-19th century, the shako began to fall out of favor due to its impracticality and discomfort for soldiers, especially during prolonged campaigns. It was gradually replaced by more practical and comfortable headgear, such as the kepi.

The Rogatywka is a traditional Polish military cap with a distinct four-cornered shape. It has its origins in the Polish military during the early 19th century. It was introduced as part of the uniform of



Polish light infantry units in the early 1800s, during the Napoleonic Wars.

The design of the Rogatywka is believed to have been influenced by the headgear of Hungarian hussars and Ottoman troops, which featured distinctive, square-shaped caps. The Rogatywka became a symbol of Polish national identity and military tradition. Its distinct shape and the use of specific colors in its design became associated with the Polish military. Over the years, the Rogatywka became more widely used by various Polish military units, including infantry, cavalry, and artillery. Different units adopted variations in color and ornamentation to signify their specific branch and rank. The Rogatywka is still worn by certain ceremonial and historical units of the Polish military, as well as by military bands. It is also sometimes

used in Polish folklore events and traditional celebrations.

The kepi is a flat-topped, brimless military cap with a visor, and it has been widely used by various military forces around the world. The kepi's origins can be traced back to France in the mid-19th century. It was first introduced in 1848 as part of the uniform for the French Chasseurs, a type of light infantry. The design was inspired by traditional headwear worn in North Africa, and it quickly gained popularity due to its practicality and distinctive appearance. The kepi's popularity in the French Army led to its adoption by other military forces. It was soon adopted by various European armies and was particularly favored by colonial and light infantry units. The design of the kepi varied among different countries and regiments. Some kepis had a straight front, while others had a rounded or sloping front. The color and insignia on the kepi often indicated the wearer's rank, branch, or unit.

By the late 19th and early 20th centuries, the kepi began to fall out of favor in some military forces due to its limited protection from the elements and its association with outdated uniforms.

Despite its decline in regular military use, the kepi has been retained as a ceremonial and dress headgear in various military organizations around the world.

The peaked cap, also known as the service cap or visor cap, is a type of military and civilian headgear characterized by a stiff, horizontal visor. The peaked cap originated in late 18th or early 19th-century Northern Europe, usually worn by



working-class men.

In the later years of the Napoleonic Wars, it began to appear in 1811 in the Russian army and later in the Prussian army, being popular because of its comfort and light weight, as opposed to the cumbersome bicorns and shakos that were standard duty issue.



During the Biedermeier period (1815–48), they became universal dress for German and Austrian civilian males of all classes, and for the entire 19th century, they were popular with the working classes all over Northern Europe. The peaked cap became popular during the late 19th and early 20th centuries, with Germany adopting it as part of the military uniform. The German Army, in particular, adopted the "Schirmmütze" (visor cap) as standard headgear for officers.

The peaked cap was also adopted by the British Army, where it became known as the "service cap." It was worn by officers and other ranks in various military branches. The peaked cap remains a standard part of military and civilian dress uniforms in various countries. It is often worn by military personnel, police officers, airline pilots, and other professionals as a symbol of authority and professionalism.

The beret's origin can be traced back to



ancient civilizations. The concept of a soft, round hat has been seen in various ancient civilizations, including the ancient Greeks and Romans. However, the beret, as we know it today, has its origins in the Basque region of France and Spain. The beret has been a traditional headgear of the Basque people for centuries. The Basque beret, known as "txapela" in Basque, was originally made of wool and had a round, flat shape. It was typically worn as part of the traditional Basque costume and became a symbol of Basque cultural identity. The beret gained popularity



in France during the 19th century when the French military began to adopt it as part of the uniform for certain units, particularly the Chasseurs Alpins (Alpine Hunters) and other mountain troops. The beret's practical design and ability to be folded and easily stored in a pocket made it a popular choice for soldiers in rugged terrain. During the 20th century, the beret's popularity spread beyond France and Spain, and it became associated with various military forces and cultural movements around the world. It was embraced by artists, intellectuals, and revolutionary groups, becoming a symbol of nonconformity and artistic expression. Today, the beret is worn by various military, police, and paramilitary forces worldwide, as well as by civilians as a fashionable accessory or as a symbol of specific cultural or political affiliations.

The side cap, also known as the field cap, garrison cap, or wedge cap, is a type of military

headgear with a folded or flat top and a slightly extended peak. The side cap's origins can be traced back to the late 19th century when it was first introduced as part of the uniform for European military forces. It was designed as a practical alternative to the more traditional peaked caps, offering a more comfortable and versatile headgear option for soldiers. The British Army officially adopted the side cap in the early 20th century. It became part of the service dress uniform for various ranks and was particularly popular

during World War I and World War II. The cap was worn both in the field and during garrison duties, hence its various names. The German Army also adopted the side cap, known as the "schiffchen" (small ship), as part of its uniform in the early 20th century. The cap became a standard issue for soldiers and was often worn in the field during both World Wars. The United States Army and other branches of the US military also introduced the side cap in the early 20th century. Known as the "overseas cap" or "service cap," it was worn by American soldiers during World War I and World War II. The side cap continues to be part of the dress and field uniforms of various military forces around the world. It is often worn by soldiers, police officers, and other professionals as a practical and comfortable headgear option.



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# TIPS TO STAND AFTER "NERVOUS BREAKDOWN" DURING LIFE, CONFLICTS, OR INCIDENTS

Life has different facets, along with emotions and feelings. Even though we always try to seek pleasure or happiness in life, sometimes it results pain and failure. Some incidents like relationship breakdowns, losses, unsuccessful attempts, discrimination, challenges on dignity, physical weakness, poverty, etc. lead for the emotional breakdown or for a psychological fallout.

When such a situation arises, it starts to generate sorrowful emotions, both mental and physical, within individuals. If such situation continues to prevail, it will lead for serious repercussions, both long-term and short-term.

Today's article attempts to show certain tips to follow when you are mentally down or nervous breakdown. There are many ways we can discuss this broad topic. But here we focus on restarting life with pain.

## **Remember your religious explanations**

All religions elaborate certain psychological aspects combine with faith, enabling persons to stand during a time of hardship. Especially religions explain the journey of life of those great religious leaders elaborating the exemplary occasions on how they pass out such times of hardships.

In your life, in instances when you are feeling awful due to some reason, take your time off to find out how it can be shifted and make yourself stand again.

## **Talk to a trustworthy and very close companion**

Talking to someone trustworthy, will give you an inner healing and will give you some strategies which will help for the re-standing. But you need to really identify the individual with helpful mind, active listening and empathy.

## **Try to analyse the present situation in light of reality**

Take your time and revise slowly as to why, when, what, and how the present painful condition emerged. What are the ways and means remains with you to restructure



yourself, followed by happiness. In the meantime, avoid traumatic situations but stay in reality with determination.

### **Have a SWOT analysis on your own**

It's very simple to understand and overcome the complexities around you. Only thing that you should understand is strengths and weaknesses are internal, and opportunities and threats are external. There exists a possibility, to overcome external factors utilising the internal factors. Simply, it's called "an attempt".

### **Try to enhance mindfulness**

Traumatic and chaotic incidents or experiences may distract you from mindfulness. It is essential to have mindfulness in every way, to stand with it. Yoga, certain exercises, breathing exercises, sports, meditation, and some pleasurable activities help you to gain a pre-existing level of mindfulness or more.

### **Study similar cases**

Have some motivation to review literature similar to your story. Then you will feel you are not the only person in the world who experienced such awful moments; you are not alone. By reviewing certain occasions, will help you to go for positive comebacks amidst pain.

### **Understand your own positive or negative changes**

This is a very important factor that you must keep in mind. Falls will create many negatives; understanding your positive and negative changes will motivate you to keep active and to keep fighting towards success, positively.

### **Always be thankful to the world**

This world is consists of both good and bad. So be thankful to the world for having you somewhere in this world. In the mean time, have some sort of space for you, to move strongly towards the success. The reward for being humble and the readiness for gratitude will come to you as the blessings.

### **Be happy with the things you have.**

Especially, don't worry about the things you don't have in life. If you're happy with what simply you have you can go further. Spare little time and think about the certain people in the world with special needs such as physically handicapped, blind or deaf, persons without basic needs. Even facing such awful, miserable situations and going through tough journey, throughout their life, they spend their life with hope and live their lives with courage.

### **Try to keep your frustrations to yourself**

We must keep in mind, that frustration accompanies tons of worries. Hence, try to keep frustrations away since they only cause psychological pain, which will drag you down mentally and physically.

### **Never worry about failures**

Failure never means defeat; it reveals many steps to victory. If you fail at a point, it will teach you a lesson. Don't be afraid to fail. You will gain something with an attempt; be smart with your attempts and be happy about the lessons you learnt through the failures.

### **Identify learned helplessness**

'Learned helplessness means failure in repeated attempts which create a conditioned mentality of "hope, it's your limit, you can't go more." But that is the moment where you need to let go or overcome. For this, you only need courage, hope, motivation, determination and commitment and it definitely result in a shiny line in your life.

### **Go to a mental health counselor**

When you feel some awful moments of hardships that you are facing with, it affect your day-to-day functions (dysfunction), having a trouble sleeping, have reduced your activities, sleep disturbances, avoidance in previously pleasurable activities that you had engaged in, have frequent suicidal thoughts, and always feeling so bad, it would be catastrophe; it's high time to meet a qualified mental health partner nearest to you, immediately.

### **Keep faith in yourself through commitment**

Finally, keep faith in you. Never underestimate or overthink of temporary displacements. If you keep trying your best, then your cognitions, instincts, and physical activities will make you stand on.

There are many ways other than this, to empower someone who is psychologically fallen or distressed subsequent to facing a conflict or an incident. Hence this is just a glimpse for the reader to help to stand on their journey of life.

We must accept that not a single person is perfect from his birth. Some can say that certain people may be perfect in a field that they are working in.

Due to the unique diversity of human beings, creates beauty. Moving through various situations amidst the challenges creates individuals who become strong and capable in surviving themselves, stepping towards a better tomorrow. It is neither easy nor difficult. We only need to be mindful and to do meaningful things. Finally, never try to stay with a psychological falling; try to stand after a nervous breakdown and also be a help hand to make others to stand too.



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# ANGAMPORA

## UNVEILING THE ANCIENT MARTIAL ART OF SRI LANKA





“ Angampora is an ancient Sri Lankan martial art that has a rich history and cultural significance. It is considered one of the oldest fighting systems in the country, with roots dating back centuries. Angampora is known for its unique combination of hand-to-hand combat techniques, weaponry, and spiritual practices. The word "Angampora" can be broken down into two parts: "Anga," meaning body, and "Pora," meaning fight or battle. Thus, Angampora can be translated as "the fight of the body" or "body combat.” ”

## Origin and Development

Angampora has its origins in Sri Lanka's ancient kingdoms, where it was practiced by the native warriors, known as "Angam", who served as protectors of the kings and their kingdoms. The art has been passed down through generations, primarily through oral tradition, as there was a lack of written records. In Sri Lankan mythology and folklore, there is a legendary connection between King Ravana's son and Angampora. According to traditional tales, King Ravana, a prominent figure in the Hindu epic Ramayana, had a son named Indrajit (also known as Meghanada). Indrajit was renowned for his extraordinary martial skills and was said to have mastered the art of Angampora. Indrajit's association with Angampora is significant because he is depicted as a powerful warrior who possessed exceptional combat abilities. He played a pivotal role in the war between King Ravana's forces and Lord Rama's army.

## Training and Techniques

Angampora encompasses a wide range of techniques, including strikes, kicks, grappling, joint locks, pressure points, and throws. Training in Angampora also involves the use of

traditional weapons such as swords, staves, knives, and shields. Practitioners are trained to be agile, disciplined, and quick in their movements.

The training process in Angampora is rigorous and systematic. It involves physical conditioning, endurance training, and practicing various techniques with both partners and weapons. The training is not solely focused on combat skills but also encompasses meditation, breathing exercises, and spiritual practices to enhance focus and discipline. Here are some key elements of Angampora training:

1. **Physical Conditioning:** Angam undergo extensive physical training to build strength, endurance, flexibility, and agility. This includes exercises such as running, calisthenics, bodyweight training, and practicing various techniques repeatedly to enhance muscle memory.

2. **Combat Techniques:** Angampora incorporates a wide range of combat techniques. These include strikes, kicks, punches, joint locks, throws, and ground

grappling. Practitioners learn both offensive and defensive techniques to effectively engage in combat.

3. **Weaponry Training:** Angam are trained to use traditional weapons, which are an integral part of Angampora. They learn the proper handling, techniques, and tactics associated with each weapon.

4. **Meditation and Mental Discipline:** Angampora emphasizes mental discipline and focus. Practitioners practice meditation and breathing exercises to enhance concentration, control emotions, and develop a calm mind during combat situations.

## Techniques in Angampora

Angampora comprises a diverse range of techniques, both unarmed and armed. Here are some commonly practiced techniques:

1. **Hand-to-Hand Combat:** Angampora incorporates striking techniques using fists, elbows, knees, and open hands. Joint locks, throws, and grappling techniques are also employed for close-quarters combat.

2. **Kicks and Footwork:** Angam are trained in various kicking techniques, including front kicks, roundhouse kicks, and low kicks. Footwork is emphasised to







maintain balance, mobility, and to generate power in strikes.

3. Traditional Weapons: Angampora includes the use of several traditional weapons, each with its own specific techniques and strategies. Some of the commonly used weapons in Angampora include:

a. Ethunu Kathi (Long Knife): A long, single-edged knife with a curved blade, often used for slashing and thrusting attacks.

b. Bibiyan (Staff): A long wooden staff, approximately the height of the practitioner, used for striking, blocking, and as a defensive weapon.

c. Hondi (Short Stick): A shorter stick used for striking, blocking, and joint manipulation techniques.

d. Velayudaya (Double-edged Sword): A double-edged sword with a curved blade, commonly used in duels and combat situations.

e. Olinda Kathi (Palm-leaf Fan): A decorative fan made from palm leaves, which can be used as a weapon in self-defense or as a distraction tool.

f. Runkutan (Throwing Weapon): A metal object, usually a small ball or ring, used for throwing and as a distraction tool.

## Cultural significance

Angampora holds great cultural significance in Sri Lanka. In ancient times, it was considered an essential skill for warriors and played a significant role in warfare and defending the kingdoms. The practice of Angampora also became intertwined with traditional rituals, dances, and folk performances, further solidifying its place in Sri Lankan culture.

## Angampora in Ancient Kingdoms

During the ancient Sinhalese kingdoms, such as Anuradhapura and Polonnaruwa, Angampora was an integral part of the military and culture. The Angam warriors were highly skilled in combat and played vital roles in protecting the king, kingdom, and its people. They were known for their fearlessness, discipline, and loyalty.

## Suppression under Colonial Rule

Angampora faced a significant setback during the colonial period, particularly under British rule in the 19th and early 20th centuries. The British administration sought to suppress any form of resistance or rebellion, and as a result, Angampora was banned. The British

perceived the practice as a potential threat to their rule and authority.

## Preserving the ancient martial art

Over the years, there has been a concerted effort to preserve and promote Angampora as an essential part of Sri Lankan culture. Various organisations, training centers, and practitioners are actively involved in the preservation and transmission of Angampora knowledge. Exhibitions, demonstrations, and international competitions are held to showcase the art form's unique techniques and cultural significance.

While the historical records of Angampora may be limited, its legacy lives on through the passion and dedication of practitioners who strive to preserve its techniques, values, and traditions. As we look to the future, Angampora serves as a bridge between the past and the present, allowing us to honour and appreciate the martial heritage of Sri Lanka for generations to come.



*Major Chathuranga  
Vithanage  
SLEME  
Army Headquarters*







# INTERNATIONAL ACHIEVEMENTS



50<sup>TH</sup> ANNIVERSARY  
ASIAN ATHLETICS ASSOCIATION

ASIAN ATHLETICS  
CHAMPIONSHIPS  
2023

50<sup>TH</sup> ANNIVERSARY  
ASIAN ATHLETICS ASSOCIATION &

## 25<sup>TH</sup> ASIAN ATHLETICS CHAMPIONSHIPS 2023

12-16 JULY 2023  
NATIONAL STADIUM, BANGKOK, THAILAND



### 400×4 RELAY EVENT- WOMEN

Corporal Ramanayake N of Sri Lanka Army Women's Corps competed in the 400 m race (women's category) in the Asian Athletics Championship (AAC) - 2023 in Bangkok, Thailand after absence of 23 years and won a Gold medal for Sri Lanka on 13 July 2023. Corporal Ramanayake N finished the race in 52.61 seconds. Accordingly, Corporal Ramanayake N joined history as the 8th Sri Lankan athlete to win a Gold medal in the Asian Athletics Championship, after 23 years.

RESULTS		
WOMEN'S 400 METER   FINAL		
		TIME
1	Ramanayaka Nadeesha	52.61
2	Farida Solieva	52.95
3	Aishwarya Kailash Mishra	53.07
4	Hanuna Kuboyama	53.80
5	Nanako Matsumoto	53.89
6	Zalyubovskaya Alexandra	54.54
7	Laylo Allaberganova	54.61
8	Karlsson Jane Christa Ming Suet	56.12



### 400×4 RELAY EVENT- MEN

Making new records both in the Asian Athletics Championship (AAC) in Bangkok and Sri Lanka, the Sri Lankan team, comprised of Army athletes won a Gold Medal in 400 ×4 (Men's Relay) on 16 July 2023 in Bangkok. The team finished the event in 3.01.56 minutes creating a new Asian Athletics Championship Record and a Sri Lankan Record. Sergeant Kumarage H K K of 2 (V) Sri Lanka Army Electrical and Mechanical Engineers, Bombardier Darshana S A of 6 Sri Lanka Artillery, Lance Corporal Rajakaruna R M R N of 2 (V) Sri Lanka Army Electrical and Mechanical Engineers and Gunner Niku G D K K of 6 Sri Lanka Artillery included in the team.



# 25<sup>TH</sup> ASIAN ATHLETICS CHAMPIONSHIPS 2023

## MIXED RELAY (400M)

The Sri Lankan Athletic team included 3 runners from the Sri Lanka Army named Sergeant Kumarage H K K of Sri Lanka Electrical and Mechanical Engineering, Bombardier Dharshana S A of Sri Lanka Artillery and Corporal Ramanayake N of the Sri Lanka Army Women's Corps won a Silver medal for the country in the 400 x 4 Mixed Relay race in the Asian Athletics Championship (AAC) - 2023 in Bangkok, Thailand on 15 July 2023. The team finished the relay in 3:15.41 seconds.



## JAVELIN THROW EVENT-WOMEN

Corporal Lekamge H L N D of the Sri Lanka Army Women's Corps set a new Sri Lankan record (60.93 m) and won the Bronze medal in the Javelin Throw (women's category) event in the Asian Athletics Championship (AAC) - 2023 in Bangkok, Thailand.

## PARA ATHLETIC WORLD CHAMPIONSHIP IN PARIS

Staff Sergeant Dulan K A S of the Sri Lanka Army Corps of Military Police secured the Bronze Medal in the Javelin Throw-F44 category at the Para Athletic World Championship held in Paris, France on 13 July 2023. He recorded 64.06 m in the event to carry the Bronze Medal. Staff Sergeant Dulan K A S who has been famed as one of the best para-athletes in the Army participated in the event representing the National Paralympic Committee of Sri Lanka. A group of 10 National Para Athletes participated in the Para Athletic World Championship representing the country.





## KOREAN AMBASSADOR CUP TAEKWONDO TOURNAMENT



Sri Lanka Army Taekwondo players swept all major male and female categories in the Korean Ambassador Cup Taekwondo Tournament, held on 8 July 2023 at the BMICH and won championships in the most number of events.

Army players under 54 - 68 kg (male), females under 46 - 58 kg and 61 - 75 kg and in Aerobics Competition clinched the championship while the runners-up slot in the male (B Team) 54 - 68 kg was also secured by Army Taekwondo players. 31 male and female Army Taekwondo players displayed excellent skills and had tough encounters with their rivals before they emerged champions.

## NATIONAL ACHIEVEMENTS

### 101<sup>ST</sup> NATIONAL ATHLETICS CHAMPIONSHIP - 2023



Sri Lanka Army athletes competing with international counterparts in the 101<sup>st</sup> National Athletics Championship - 2023, organised by the National Athletics Committee, made impressive gains and bagged 16 Gold medals, 23 Silver medals and 22 Bronze medals at Sugathadasa National Stadium during 28 - 30 July 2023. Army athletes convincingly won in 100m, 200m, 400m, 800m, 1500m, 5000m, 10,000m, 110 meters hurdles, 400 meters hurdles, High jump, Long Jump, Triple Jump, Javelin throw, Discus throw and Hammer throw events turning a new chapter for athletics of the Army.

### NATIONAL AQUATIC SWIMMING CHAMPIONSHIP - 2023

National and Junior National Aquatic Swimming Championship - 2023 was held at Suagthadasa Stadium swimming pool from 29 June to 1 July 2023 with the participation of island-wide swimmers. Securing 4 Gold, 11 Silver and 3 Bronze medals, the Army team secured the second place in the National Aquatic Swimming Championship - 2023 (Men's Category). More than 600 swimmers representing schools and various sports clubs in the island participated in the championship tournament.





# NATIONAL KARATE CHAMPIONSHIP-2023

Staff Sergeant Weerasinghe R M D L of 1<sup>st</sup> Regiment Sri Lanka Corps of Military Police won the Gold medal for 75Kg Weight Class at National Karate Championship (Festival) – 2023 which was organised by the Sports Ministry from 30th June to 02nd July 2023 at Sugathadasa Indoor Stadium. The event was held with the participation of players all around the country representing provinces of the country.



## 47<sup>TH</sup> NATIONAL SPORT FESTIVAL



Corporal Gunarathna LG 6 Sri Lanka Corps of Military Police who represented Provost Taekwondo team was able to secure the second place with Silver medal under 80 kg - 87 kg middle weight category in 47<sup>th</sup> National Sport Festival which was held at Ministry of Sport on 30 July 2023

# DEFENCE SERVICES GAMES

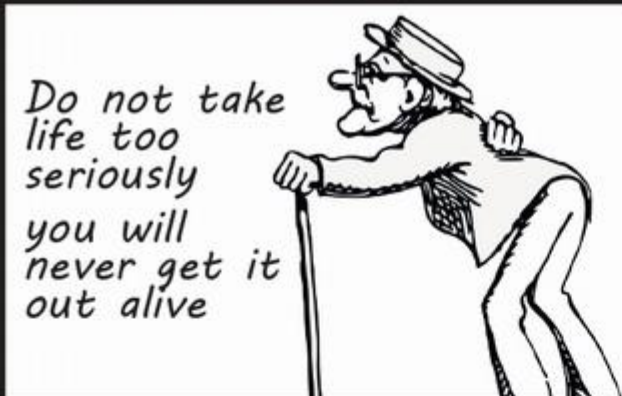
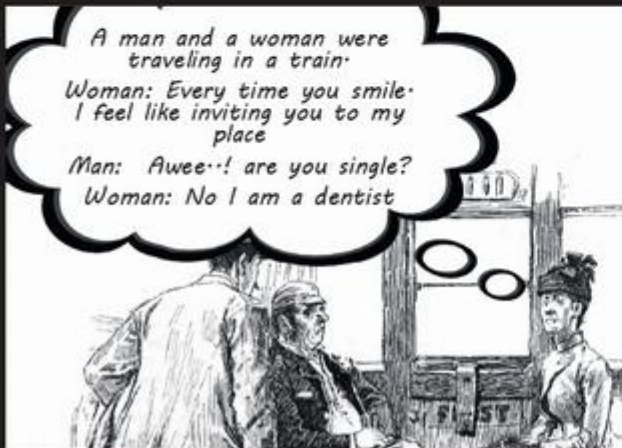
## BOXING TOURNAMENT

Sri Lanka Army boxers performed exceptionally well during the Defence Services Games (DSG) Boxing Tournament organised by the Sri Lanka Army at the Sri Lanka Army Gymnasium in Panagoda from 12 to 13 July 2023. During the tournament, Army male boxers clinched 08 Gold and 02 Silver medals out of 10 events and became champions in the Men's category while Army female boxers ended up as joint-Champions with the Sri Lanka Air Force after equally securing 02 Gold medals, 01 Silver medal and 01 Bronze medal out of a total of four events. Lance Corporal Darmasena R M P of Sri Lanka Engineers was awarded as the Best Boxer in the Men's category and the Best Loser award in the women's category was presented to Private Dhasunika M G M T of Sri Lanka Army Women's Corps.





# COMIC CORNER



## SUDOKU PUZZLE QUESTION

### How to Play

Fill in the blank squares, using 1 to 9 without repeating any numbers within the row, column or square.

1	4	2		9				5
7			4				8	9
8		5					2	4
2					4	8		
	3				1	2	6	
	8			7	2	9	4	1
	5		2		6			
	2	8			9	4	1	
	7	9	1		8	5	3	

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S/ 754676 L/Cpl Lakthilina WR - 11 CES

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## FROM THE BUNKER

*Every soldier had a shelter on the battlefield. Even though it was not in a comfortable place like home, they spent most of their lives there. The destinies of many War Heroes were written in such places on the battlefield. Although the time changed, it's hard to prevent the old memories flashed in remembering them.*

### NOTE TO READERS

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# THE EYES THAT DON'T SLEEP

*The heroic  
memories.....*

*They constantly sought  
your protection without  
closing an eye where  
danger appeared.*

*Their eyes were opened  
while whole country  
was sleeping in safe and  
sound.*

*Do you know that even  
if there is no war;  
still those eyes are  
awake with care for you  
and the country.*