

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

Nation-building School Project in Kotapola

Expanding its scope of nation-building tasks, troops of 12 Engineer Services Regiment initiated the construction of two story building for students at Ilukpitiya Kanishta (Junior) Vidyalaya, situated in Ilukpitiya, Kotapola in Matara District under the directions of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and supervision of Major General K M S Kumara fulfilling a long standing requirement on 16 June 2023.

Mr. Sagala Ratnayaka Chief of Staff and Senior Adviser to the President on National Security, laid maiden cornerstone for the building at the auspicious minute together with Honourable Kanchana Wijesekera Minister of Power and Energy of Sri Lanka, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Mr. Amanda Weerasinghe of the Old Boys' Association of Colombo Royal College (1981 batch) and Mr. A G N C Lakmal Principal of Ilukpitiya Kanishta Vidyalaya during a simple ceremony.

Financial generosity for the task was extended by the 1981 batch of the Colombo Royal College's Old Boys' Association. The project was coordinated by Mr. Amanda Weerasinghe a senior member of 1981 batch of the Colombo Royal College's Old Boys' Association.

In line with the same event, school accessories were also distributed among the 192 deserving students encouraging their higher studies at the main hall of the school. Mr. Prasad Lokubalasuriya a social activist extended the financial generosity for the programme. Major General M K Jayawardane RSP VSV USP ndu Commander of Security Force Headquarters (Mullaitivu), Colonel Commandant of Sri Lanka Engineers, Major General H M U Herath RWP RSP VSV USP Hdmc psc General Officer Commanding of the 61 Infantry Division, Major General J A R S K Jayasekara USP psc Director General of Electrical and Mechanical Engineering and Brigadier D C A Wickramasinghe USP USACGSC Deputy Vice Chancellor (Defence and Administration) at Kotelawala Defence University were also among the invitees of the inaugural ceremony.













Dialysis Machine for Anuradhapura CKD patients

Rs. 3.3 million worth Dialysis Machine was donated for Anuradhapura General Hospital by General Kamal Gunaratne WWV RWP RSP USP ndc psc MPhil on 4 June 2023 for the benefit of the kidney patients. This noble cause was funded through the 'Sandahiru Seya Charity Trust' under a notion of the Defence Secretary and it was the maiden donation made using the 'Sandahiru Seya Charity Trust'.

Anuradhapura Teaching Hospital played a pivotal role during the battle in the North and East Provinces, nursing thousands of military/civilian casualties.



POSON ZONE IN ANURADHAPURA

Offering the highest tribute to war veterans of our time, an exclusive 'Poson Bhakthi Geetha' programme was held at the Sandahiru Seya premises under the patronage of Defence Secretary General Kamal Gunaratne WWV RWP RSP USP ndc psc MPhil on 3 June 2023.

Mrs. Chitrani Gunaratne Chairperson of Seva Vanita Unit of the Ministry of Defence, General Officer Commanding, 21 Infantry Division, Director General Electrical and Mechanical Engineering, Military Liaison Officer Ministry of Defence and Staff of the Defence Ministry, Tri-Forces Members, Sri Lanka Police and Civil Security Department members and a large gathering of devotees and school children were present at the annual religious ceremony.

The Poson Full Moon Poya Day is of the highest significance to Sri Lankan Buddhists as it marks the historic arrival of Arahat Mahinda Thero to our motherland with the noble message of the Lord Buddha.

RETIRING AIR FORCE CHIEF EXTENDS COURTESIES TO COMMANDER OF THE ARMY



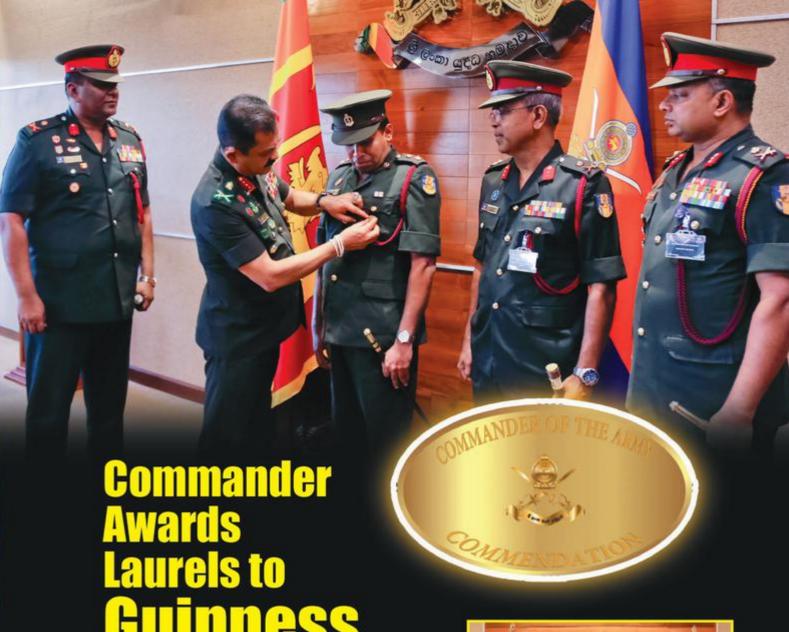


Air Marshal S K Pathirana WWV and Bar, RWP and Bar, RSP and three Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, M Phil (Ind), MIM(SL), ndc (Ind), psc, qfi Commander of the Air Force paid a formal courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 26 June 2023. During the brief meeting with the Commander of the Army, both of them exchanged views on ongoing tri-service commitments in operational assignments and other general matters of importance to both services. Extending best wishes on his retirement, Commander of the Army awarded a memento to the Air Force Commander towards the culmination of the interactive meeting.



Major General P W B Jayasundara (Rtd) VSV USP ndc USACGSC IG who had served the country for more than 34 years and earned admiration as an experienced Gunner in the Sri Lanka Artillery (SLA) was laid to rest on 12 June 2023 at Borella General Cemetery, amid a gathering of his military comrades, family members and mourners and Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army also extended his last respect to the Officer.

Major General P W B Jayasundara (Rtd) VSV USP ndc USACGSC IG after retirement from the Army was re-called to the active service and he served the office of the Director, National Cadet Corps. During his career, he held the office of Military Secretary, Master General Ordnance, Director Plans, General Officer Commanding of 21,51 and 52 Infantry Divisions.



Recognising the Sri Lanka Army Medical Corps (SLAMC) for removal of the world's largest and heaviest kidney stone (calculus) at the Colombo Army Hospital, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army pinned the Commander's Commendation Badge to Lieutenant Colonel (Dr) K Sutharshan praising his meticulous efforts for the removal of a record kidney stone of this magnitude causing no harm to the life of the patient on 14 June 2023.

The Consultant Urologist, Lieutenant Colonel (Dr) K Sutharshan took the lead in the surgery, together with Captain (Dr) W P S C Pathirathna and Dr Thamasha Premathilaka with few others. Colonel (Dr) U A L D Perera and Colonel (Dr) C S Abeysinghe also contributed to the surgery as Consultant Anaesthetists. Chief of Staff, Principal Staff Officers, Advisors and few Directors also participated in the occasion.





COMMANDER MARKS FIRST YEAR IN OFFICE

In a significant milestone for the Sri Lanka Army, Lieutenant General H L V M Liyanage RWP RSP ndu marked the completion of his first year as the 24th Commander of the Army on 01 June 2023. Stepping into this esteemed role during one of the nation's most challenging periods, his tenure has been marked by commendable leadership and strategic acumen, propelling the Sri Lanka Army towards growth and ensuring national security. His righteous leadership has been instrumental in driving the Sri Lanka Army forward and served as an inspiration to the troops, empowering them to overcome various obstacles and demonstrate unwavering accountability, thereby earning the trust and support of the international community. Throughout the year, he has spearheaded noteworthy initiatives that have yielded both short-term gains and set the foundation for long-term prosperity.

The Army Commander's visionary leadership has successfully nourished key domains including operational, administrative, and logistic and welfare in all aspects making great strides in various spheres. His futuristic initiatives also include the introduction of a De-mining Course for Army retirees, providing opportunities to them to employ after retirement. The launch of 'Nawaloka Virusuwa Sarana' privilege cards and the opening of an accommodation complex for Other Ranks in Thalahena have further enhanced the welfare of Army personnel.

Green Agriculture Steering Committee was established under his directions to ensure the food security. Additionally, the Sri Lanka Army Library has been declared open at the Army Headquarters, equipped with modern facilities, while the Mihindu Ayurveda Suva Arana at Mihindu Seth Madura has been inaugurated, offering holistic wellness support. Emphasising professional development, technological seminars have been initiated for Officers and Other Ranks, and the launch of the Special Operations Forces Doctrine, Army Field Manuals, and General Staff Publications on Intelligence have enhanced operational capabilities.

Recognising excellence, the introduction of the Army Commander's Commendation Badge has been a notable milestone. Furthermore, the training doctrines, organisational roles, responsibilities, and curriculum have undergone thorough reviews to ensure efficiency. Embracing modernity, the launch of the Overseas Operations website and the first trilingual E-news bulletin (Army Fortnight Bulletin compiled by Directorate of Media) have facilitated effective communication. The official Army website has been re-designed and uplifted, showcasing the Army's advancements.

Infrastructure improvements have included significant construction work at Army Hospital Kandy, while the implementation of the Army Financial Management Strategy and Army Resource Management Strategy has strengthened financial stability. The Army's organisational structure has been restructured to optimise effectiveness, and comprehensive planning guidance has been put into action to guide the future development concepts of the Sri Lanka Army. These decisions collectively reflect the Army Commander's unwavering dedication to progress and excellence.

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Amidst these achievements, it is noteworthy to mention the Army Commander's meticulous intervention in enhancing the capacity building of Army personnel to make active and significant contributions to bolster agriculture productivity, facilitating the nation's economic growth. Furthermore, his efforts in developing rapid disaster response and emergency management capabilities have proven to be instrumental in safeguarding communities during times of crisis. The emphasis on technological advancement



has propelled the Sri Lanka Army to stay at the forefront of modern adversaries and security measures. Additionally, the Army Commander's commitment to ensuring the economical usage of resources demonstrates a responsible and sustainable approach, maximising the impact of available resources for the betterment of the organisation and the nation as a whole. The commemoration of the 1st anniversary was made even more special with a significant event at the Commander's Office on 01 June 2023. In the presence of Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit, a 'Seth Pirith' chanting ceremony took place, symbolising a moment of spiritual significance.

Venerable Aluthnuwara Anuruddha Nayake Thero, the Chief Incumbent at Kotte Raja Maha Viharaya, along with other Venerable Maha Sangha, graced the occasion and invoked blessings upon the Commander of the Army and the President of the Army Seva Vanitha Unit. To further elevate the occasion with a humane touch, the Commander of the Army and the President of the Army Seva Vanitha Unit extended their compassion by distributing nutrient packs among pregnant women soldiers who serve diligently at the Army Headquarters.







5th Army Contingent Ready to Serve UN in MINUSMA

The 5th Combat Convoy Company (CCC), which is ready to undertake UN Peacekeeping Mission responsibilities in the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) presented a ceremonial salute before their departure from the country to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Regimental Headquarters parade ground of Sri Lanka Sinha Regiment (SLSR) in Ambepussa on 23 June 2023.

After a Guard Turnout at the entrance, Major General G R R P Jayawardana RWP RSP ndu Colonel of the Regiment, Sri Lanka Sinha Regiment and Quarter Master General at the Army Headquarters warmly welcomed the Chief Guest.



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The 5th Combat Convoy Company is comprised of Officers and Other Ranks of the Sri Lanka Armoured Corps (SLAC), Sri Lanka Engineers (SLE), Sri Lanka Signal Corps (SLSC), Sri Lanka Sinha Regiment (SLSR), Mechanized Infantry Regiment (MIR), Corps of Engineer Services (CES), Sri Lanka Army Service Corps (SLASC), Sri Lanka Army Medical Corps (SLAMC), Sri Lanka Army Ordnance Corps (SLAOC), Sri Lanka Electrical and Mechanical Engineers (SLEME), Sri Lanka Corps of Military Police (SLCMP), Sri Lanka Army General Service Corps (SLAGSC) and Sri Lanka National Guard (SLNG). The majority in the contingent is made up of Sri Lanka Sinha Regiment troops.

Colonel W W N P Wickramarachchi of the Sri Lanka Sinha Regiment commands the 5th Combat Convoy Company (CCC) and Major M A D Bandaranayake of the Sri Lanka Armoured Corps serves as the Second-in-Command of the 5th Combat Convoy Company. The 5th Combat Convoy Company is comprised of 243 Army personnel, including 20 Officers and 223 Other Ranks.

The 4th Combat Convoy Company (CCC) contingent already serving United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA) was to return home soon after the new 5th Combat Convoy Company (CCC) contingent takes over their duties on 1 July 2023.

Officers including Deputy Chief of Staff, Commander, Security Force Headquarters (West), several other Senior Officers, Officers, Other Ranks and next of kin of the contingent members participated in the event.



STRENGTH FOR CIVIL SERVANTS SERVING IN THE SRI LANKA ARMY



The Sri Lanka Army Seva Vanitha Unit extending its helping hand to lessen burning economic difficulties of civil employees serving the Army Headquarters and practising the 'Daana' (donation) precept in Buddhist teachings, awarded 483 dry and fresh ration packs to the civil employees during a special ceremony, graced by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and Mrs Janaki Liyanage President, Army Seva Vanitha Unit on 21 June 2023.

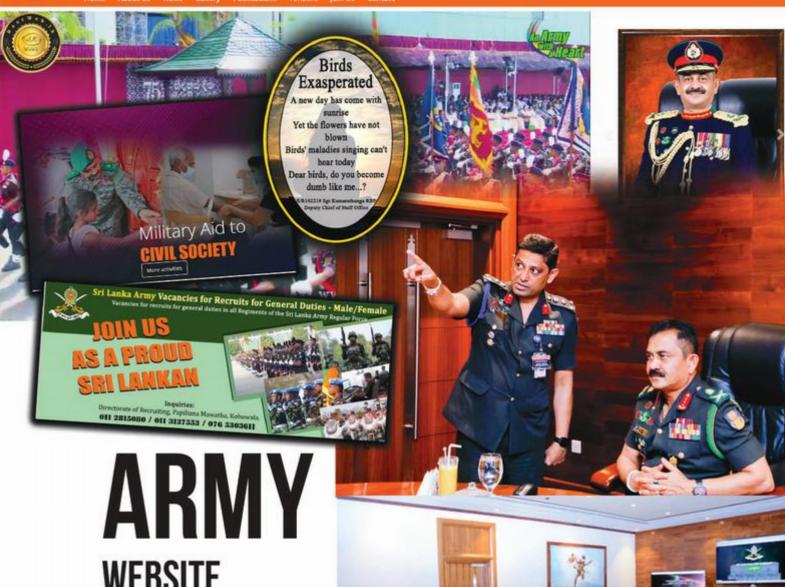
During the programme each civil employee received a ration parcel included rice, potatoes, onions, coconut milk packets, etc. In addition, Nestlé Lanka PLC provided coconut milk packets, worth of Rs. 3.7 million to all Army personnel and civil employees. Rs. 1.2 million in total had spent for the project.

Senior Officers including Director General Finance Management, Adjutant General, Quarter Master General, Master General Ordnance, Senior Officers, Other Ranks, Senior Army Seva Vanitha Unit members, and representatives of Nestlé Lanka PLC participated in the event.



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WEBSITE LAUNCHED WITH NEW **FEATURES**

The official website of the Sri Lanka Army www.army.lk has re-designed in more user-friendly manner absorbing changing digital technology. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army launched re-designed new website at the request of Brigadier I H M R K Herath USP ndc psc Director, Directorate of Media on 15 June 2023 in the presence of several Senior Officers, including Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Director General General Staff, Major General KAWS Ratnayake ndu Chief Signal Officer, Brigadier I H M R K Herath USP ndc psc Director of Media, Colonel A M D B Adikari RWP RSP psc Colonel Media, Mr. Sisira Wijesinghe Media Consultant, Lieutenant Colonel H G J T Perera RSP General Staff Officer I, Directorate of Media and several Officers.

The completely-updated website now consists of interactive pages for literary verses and thoughts of the Other Ranks at ground level for the first time. Further, it also includes comprehensive details and information on all current security undertakings, UN assignments, establishments, training, civil-military projects, welfare, sports and Seva Vanitha contribution, etc.



Dazzling VIR
'Colours Night'

2023

Glamorous 'Colours Night' of the Vijayabahu Infantry Regiment (VIR), one of the most admired Infantry Regiments of the Army with a proven record of its incomparable gallantry was held on 23 June 2023 at the VIR Regimental Centre in Boyagane, Kurunegala. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest at the invitation of Major General S U M N Manage WWV RWP RSP psc Commandant, Sri Lanka Army Volunteer Force (SLAVF) and Colonel of the Regiment, VIR amid a gathering of invitees.

During the glittering ceremony, 260 sportsmen, including Officers and Other Ranks in total were awarded 'Colours' for 44 sports events. The 'Colours Night' aimed to appreciate the sports talents and skills of VIR sportsmen during the years from 2018 to 2022 in all levels including inter-regiment, defence services, national and international levels.







Simultaneously, as an incentive for promotion of regimental sports prowess, the Commander of the Army presented a cash gift of Rs.1 million towards the Vijayabahu Infantry Regiment sports fund for its further promotion of sporting skills of VIR sportsmen in the future.

Senior Officers, Regimental Council Members, Staff Officers, Commanding Officers, and Senior VIR Officers, Officers and Other Ranks witnessed the thrilling and glamorous evening.

NIGERIAN MILITARY DELEGATION MEETS COMMANDER OF THE ARMY



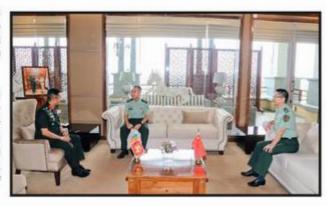
A delegation of military officers of the Nigerian Army, paid a courtesy call to the Commander of the Army on 7 June 2023.

The delegation was headed by Major General SO Olabanji, Director of Nigerian Army Training and Doctrine Command. During the interaction with three of the delegation, the Commander of the Army exchanged comprehensive views on possible exchange of training modules and conduct of field exercises in both countries. Major General S U M N Manage WWV RWP RSP psc Major General D K S K Dolage USP psc, and Senior Officers participated in the event.

NEW DEFENCE ADVISOR IN CHINESE EMBASSY CALLS ON COMMANDER OF THE ARMY

The new Defence Advisor to the Embassy of People's Republic of China in Sri Lanka, Senior Colonel Zhou Bo paid his first courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 19 June 2023.

The cordial meeting exchanged courtesies and focused on general matters of concern and interest to both military organisations. They also discussed possibilities of further enhancement of special training programmes for the Sri Lanka Army as well as the participation of the Armed Forces of both countries in different exchange projects and training modules since China is at the forefront of extending military training assistance to the country.



ADVISOR OF BRITISH HIGH COMMISSION MEETS COMMANDER OF THE ARMY

Colonel Paul Clayton of the British Army, the outgoing Defence Advisor of Colombo-based British High Commission and his incoming successor Colonel Darren Woods of the British Army paid courtesies to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 1 June 2023.

The heads discussed general matters of concern while recalling bonds of goodwill, cooperation and understanding that prevail between the armed forces of both countries including possibilities of further enhancing training programmes for Sri Lanka Army personnel as well as the participation of the armed forces of the two countries in different exchange programmes.



During the cordial interaction, Commander of the Army extended his heartfelt appreciation to the departing Defence Adviser for his commitment for strengthening diplomatic and military ties during his tenure and simultaneously welcomed the newly-designated Defence Advisor.

FORMER GAJABA REGIMENT VETERAN CALLS ON COMMANDER OF THE ARMY

Major General G V D U A Perera (Rtd) RWP RSP VSV USP USAWC psc, one of the most senior veterans in the 'Keterian' family, Gajaba Regiment paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 15 June 2023.

Major General G V D U A Perera (Rtd), one of the proud products of the Gajaba Regiment who retired from the Army in April 2017 has rendered a notable service to the Army at both operational, administrative and academic levels and remains to-date as a famed educator and a lecturer. Commander of the Army recalled the retired Senior Officer's valuable contribution to the Army holding varied and responsible appointments during his career of more than 34 years, presented with a memento.



COMMANDER OF THE ARMY AWARDS THE SYMBOLIC AUTHORITY FOR NEWLY PROMOTED MAJOR GENERAL

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The newly promoted Major General S A Pathirana RSP Commander, Forward Maintenance Area (North) called on Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army on 12 June 2023 at the Commander's office at the Army Headquarters and received his symbols of authority amid greetings.

Awarding the General's symbolic sword to the new twostar General, Commander of the Army appreciated his committed and dedicated service towards the Nation.

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Three new houses built for Other Ranks serving in Sri Lanka Light Infantry Regiment (SLLI) were warmed to the beneficiaries following a simple ceremony. Accordingly, the house constructed for deserved soldier of the Sri Lanka Light Infantry Regiment (SLLI) formally warmed on 8 June 2023 during a ceremony at Anuradhapura, Mahadangaswewa by Major General C D Weerasuriya RWP RSP ndu Chief of Staff and Colonel of the Regiment of Sri Lanka Light Infantry Regiment. Troops of the 5(V) Sri Lanka Light Infantry Regiment undertook the project following the concept of Colonel of the Regiment of Sri Lanka Light Infantry Regiment and direction of Major U M T C Darmasiri RWP Commanding Officer, 5(V) Sri Lanka Light Infantry Regiment.

Another, house built for Non-Commissioned Officer of 2 (V) Sri Lanka Light Infantry Regiment was warmed for deserving Sri Lanka Light Infantry Regiment residing at Welioya, Ethawatuna wewa in Nochchiyagama, Anurdahpura by Chief of Staff and Colonel of the Regiment of Sri Lanka Light Infantry Regiment on 9 July 2023. Troops of 8 Sri Lanka Light Infantry Regiment extended the technical expertise and manpower for the construction under the supervision of Lieutenant Colonel N I P K Gamage Commanding Officer, 8 Sri Lanka Light Infantry Regiment.

In line with the same event, another new house was also warmed to another Non-Commissioned Officer who served more than 17 years in Sri Lanka Light Infantry Regiment resided in Bandaragama, Kalutara by Major General C D Weerasuriya RWP RSP ndu Chief of Staff and Colonel of the Regiment of Sri Lanka Light Infantry Regiment on 26 May 2023. Troops of the 8 Sri Lanka Light Infantry Regiment on the direction of their Commanding Officer, extended the engineering and technical assistance for the construction of the new house.

Chief of Staff Meets SLLI Major General C D Weerasuriya RWP HQ Battalion Troops in Boossa

Major General C D Weerasuriya RWP RSP ndu Chief of Staff (COS) of the Army and Colonel of the Regiment Sri Lanka Light Infantry (SLLI) paid a courtesy visit to the SLLI Headquarter Battalion, located in Boossa on 26 May 2023 with the intention of inquiring about the well-being of the troops and future developments in the Battalion.

Lieutenant Colonel S N Samaranayake Commanding Officer of the SLLI Headquarter Battalion warmly welcomed the Chief of Staff to the premises and briefed the nature of the camp and its duties. Colonel M P S P Kulasekara WWV RWP RSP Centre Commandant of SLLI Regimental Centre, Senior Officers, Officers and Other Ranks took part in the event.



NEW DEPUTY CHIEF OF STAFF BEGINS HIS OFFICE

Major General W A S S Wanasinghe RSP VSV USP ndu of the Sri Lanka Artillery, the newly-appointed Deputy Chief of Staff (DCOS), the 3rd most senior appointment of the Sri Lanka Army assumed office on 8 June 2023 at the Army Headquarters during a simple ceremony amid the 'Seth Pirith', chantings and bleesings of the Venerable Maha Sanga.

Prior to this new appointment, Major General W A S S Wanasinghe RSP VSV USP ndu has been serving as the Commandant, Sri Lanka Army Volunteer Force Headquarters at Kosgama. Senior Officers, Staff Officers at the Office of the Deputy Chief of Staff (DCOS) and Other Ranks joined the occasion.





NEW SLAVF COMMANDANT COMMENCES DUTIES



Major General S U M N Manage WWV RWP RSP psc assumed duties as the 51st Commandant of the Sri Lanka Army Volunteer Force (SLAVF), amidst religious blessings and military formalities, conducted at the Sri Lanka Army Volunteer Force Headquarters premises at Seethawaka, Kosgama on 09 June 2023. Major General M T K R Silva KSP Deputy Commandant of the Sri Lanka Army Volunteer Force warmly welcomed the 51st Commandant of the Sri Lanka Army Volunteer Force in accordance with military traditions, presenting a Guard Turnout and Guard of Honour.

The new Commandant planted a Mango sapling in the compound marking the inauguration of the new office. Then after, he attended an All Rank tea with all serving the Sri Lanka Army Volunteer Force Headquarters.

Major General S U M N Manage WWV RWP RSP psc prior to this new appointment, served as the Director General General Staff and Commander, 1 Corps in Kilinochchi. He is the Colonel of the Regiment, Vijayabahu Infantry Regiment.

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Security Force Headquarters (Jaffna), the premier military establishment in the North, proudly celebrated its 27th Anniversary on 19 June 2023 organising a series of programmes under the patronage of Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Forces (Jaffna) with the participation of Officers and Other Ranks. In line with the same event, a pooja was also held on 18 June 2023 at the premises in Palaly, Security Force Headquarters (Jaffna). A Guard Turnout was also accorded to the Commander, Security Forces (Jaffna), and a delicious lunch for all ranks and grand musical show added a vibrant for the anniversary celebration.

DELEGATES EXCHANGE VIEWS WITH SECURITY FORCE COMMANDER (UAFFNA)





Mr. Severine Chappaz, the Head of Delegation and Mr. Aleksandr Burov, the Head of Sub Delegation representing the International Committee of the Red Cross (ICRC) and the Defence Attaché of the Embassy of Switzerland in Colombo, Colonel Francois Philippe Garraux, met Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Forces (Jaffna), on 14 June 2023 and 12 June 2023.

During the cordial meeting, the Commander, Security Forces (Jaffna) and visiting ICRC delegates exchanged views on civil-military cooperation, social welfare projects, security concerns, development assistance and the reconciliation process.





DONATION FOR EXPECTING MOTHERS

In line with the noble Poson Poya Day, the troops of Security Force Headquarters (Wanni) organised a programme to donate essential goods and equipment for pregnant women in Security Force Headquarters (Wanni) area on 3 June 2023 under the guidance and supervision of the Commander, Security Force Headquarters (Wanni).

The event was co-ordinated by Venerable Dr. Boddagoda Chandima Thero, Vice Chancellor of Nagananda University and the President of Taiwani Theravadi Samadhi Buddhist Organisation. During the programme, 140 essential goods and equipment packs, worth over Rs. 25,000.00 and essentials for new born babies were donated among 140 pregnant women. Before the culmination of the programme, lunch was also provided to those pregnant women.

TAMIL LANGUAGE COURSE NO - 06 SUCCESSFULLY CONCLUDED





The Tamil Language Course No - 06 which was conducted with 34 participants of Other Ranks at the 1st Battalion of Military Intelligence Corps with the guidance of Major General C D Ranasinghe RWP RSP Commander, Security Force (Wanni) to improve Tamil Language skills of under command troops in battalions within Wanni Area of Responsibility was successfully culminated on 2 June 2023.

The course was conducted under the supervision of Lieutenant Colonel S A J K Subasinghe psc Isc MI Commanding Officer, 1 Military Intelligence Corps with the instructor assistance of Lieutenant A G N Sandaruwan, Sergeant Sanjeewa JJM and Corporal Rathnayake RME. Brigadier S P G Gamage RWP RSP USP Brigadier General Staff of Security Force Headquarters (Wanni), graced the occasion as the Chief Guest.

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Commander, Security Forces (East), Meets the Eastern Province Governor



The newly-appointed Commander, Security Forces (East), Major General U D Wijesekera RWP RSP USP rcds psc met the Eastern Province Governor, Hon Senthil Thondaman during his official field visit to the 22 Infantry Division in Trincomalee on 16 June 2023. During the meeting Commander, Security Forces (East) exchanged views on area-related issues.

COMMANDER, SECURITY FORCES (EAST) TAKES BLESSINGS FROM THE "SERUNUWARA TEMPLE"

Major General U D Wijesekera RWP RSP USP Rcds newly appointed Commander Security Forces (East), visited Serunuwara temple during the official field visit 22 Infantry Division on 17 June 2023. During the visit, the Commander Security Forces (East) participated in the evening religious rites and took the blessings of the Chief Incumbent of Serunuwara temple offering the pooja to the temple.

General Officer Commanding 22 Infantry Division, Commander 222 Infantry Brigade, Brigadier General Staff and Brigadier Admin and Quartering of Security Force Headquarters (East) and Commanding Officer 24 Infantry Battalion, Vijayabahu Infantry Regiment also participated in the occasion.



Major General U D Wijesekara RWP RSP USP rcds psc recently-appointed Commander Security Forces (East), made his first field visit to the 22 Infantry Division in Trincomalee and its under command Infantry Brigades and Battalions from 16 to 17 June 2023.

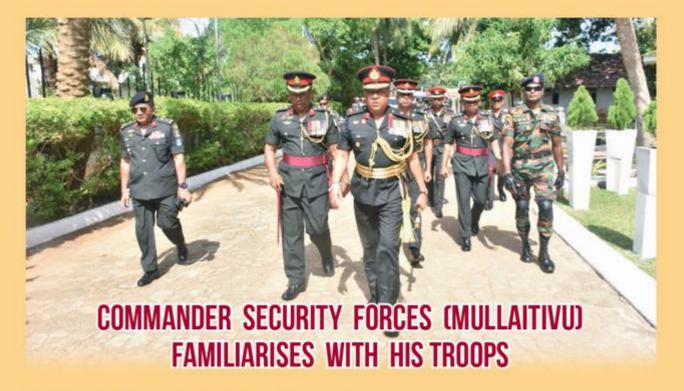
After attending the Koneshwaram Kovil Pooja, Commander, Security Forces (East) arrived at the Headquarters 22 Infantry Division at Plantain Point, Trincomalee. General Officer Commanding (GOC) 22 Infantry Division warmly welcomed Commander Security Forces (East) offering him a drive past following military traditions. Addressing the troops of 22 Infantry Division, Commander Security Forces (East) emphasised on continuing professional training and continuation of the good work while maintaining the highest standards of discipline at all levels.

Before the culmination of the event, Commander, Security Forces (East) participated in all rank tea party and shared his views with the officers. Thenafter, he visited to 2 (Volunteer) Battalion the Gajaba Regiment and 221 Infantry Brigade at Kuchchaveli and the 20 Battalion the Gajaba Regiment in Pulmmodai.

Extending his visit, Commander Security Forces (East) visited the 223 Infantry Brigade, 15 Battalion Sri Lanka Light Infantry in Kanthale, 222 Infantry Brigade in Jayanthigama, 5 (Volunteer) Regiment Sri Lanka Artillery in Kanthale and 24 Battalion Vijayabahu Infantry Regiment in Kallar. General Officer Commanding, 22 Infantry Division, Commanders under command to the 22 Infantry Division participated in the event

COMMANDER SECURITY FORCES (EAST) MEETS 22 INFANTRY DIVISION TROOPS





Major General MK Jayawardena RSP VSV USP ndu the newlyappointed Commander, Security Forces (Mullaitivu) paid his maiden visit to the 57 Infantry Division Headquarters, located in Kilinochchi on 13 June 2023.

Major General J P C Peiris RWP RSP General Officer Commanding of the 57 Infantry Division warmly welcomed the Commander, Security Forces (Mullaitivu) greeting him with a Guard Turnout at the entrance. The Commander, Security Forces (Mullaitivu) paid a floral tribute to the Kokavil War Heroes' Memorial before reaching the 57 Infantry Division. Afterwards, he interacted with the troops at the Battalion Training School (BTS) in Anawilandankulam. In addition, he addressed 6 Sri Lanka Sinha Regiment troops and awarded trophies to the achievers. Senior Officers, Officers and Other Ranks participated in the event.



COMMANDER SECURITY FORCES (MULLAITIVU) MEETS 59 INFANTRY DIVISION TROOPS





Major General M K Jayawardena RSP VSV USP ndu the recently-appointed Commander Security Forces (Mullaitivu) visited the 59 Infantry Division Headquarters on 21 June 2023 soon after assumption of his duties as the new Commander, Security Forces (Mullaitivu).

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NEW HOUSE FOR A DESERVING FAMILY

Troops of the 16 Battalion Gajaba Regiment and 1 Sri Lanka National Guard of the 143 Infantry Brigade warmed a house for a deserving family resided in Pradeepagama, Thabbowa. Major General D M K D B Pussella RWP RSP Commander, Security Forces (West) graced the house warming ceremony attending as the Chief Guest.

Mr. Sahan Rajapaksha extended the financial generosity at the request of Brigadier A M S Premawansha RWP RSP USP (Rtd) the former Commandant Training School, Kala Oya. Commanding Officer of 16 Gajaba Regiment and 1 Sri Lanka National Guard supervised the project under the guidance of Brigadier T M F Kitchilan RWP RSP Commander, 143 Infantry Brigade.



WARRANT OFFICERS AND SERGEANTS' MESS DECLARE OPEN





Fulfilling a long standing requirement Warrant Officers and Sergeants' Mess constructed at 143 Infantry Brigade was officially inaugurated on 18 June 2023. Major General D M K D B Pussella RWP RSP Commander, Security Forces (West), graced the occasion as the Chief Guest at the invitation of Brigadier T M F Kitchilan RWP RSP Commander, 143 Infantry Brigade. Newly constructed Sergeants' Mess is comprised of a spacious dining hall, bar facilities and a TV room, providing a comfortable and relaxing environment for the Warrant Officers and Sergeants of the 143 Infantry Brigade.





NEW JUICE BAR AND CAFÉ AT 23 GAJABA REGIMENT DECLARES OPEN

Fulfilling a timely requirement of Officers and Other Ranks of 23 Gajaba Regiment, newly installed Juice Bar and Café was declared open on 27 May 2023 by Major General W R M M Rathnayaka RWP RSP USP ndc Commander, Security Force Headquarters (Central). The Officers and Other Ranks of all units participated in the opening ceremony.

School Accessories Distribution Programme in Haldummulla





On the directions and guidance of Major General W R M M Rathnayake RWP RSP USP ndu Commander, Security Forces (Central), school accessories were distributed among deserving school students in Ba/Amilagama Kanishta Vidyalaya in Soragune – Amilagama, Haldummulla on 17 June 2023. In line with the same event stationery packs, shoe pairs and snack packs were also distributed among the students.

Dr. Malika Jayasuriya – Director of South wales Hospital based in South Carolina USA and sponsored the programme sponsored the programme. 'Neth FM' radio channel also provided an entertainment sequences for the students and parents.

Commander Security Forces (Central), graced the event as Chief Guest. School staff and parents attended the event.

BELLATOR

JUNE 2023

UNIFIL DEPUTY FORCE COMMANDER CALLS AT SLFPC CAMP

Brigadier General Chok Bahadur Dhakal, the Deputy Force Commander (DFC) of the United Nations Interim Force in Lebanon (UNIFIL) made an official visit to the Sri Lanka Force Protection Company (SLFPC) in Naquora, Lebanon on 06 June 2023. Lieutenant Colonel D P L T Kaluaggala RSP USP IG the Contingent Commander of 14th SLFPC welcomed the Deputy Force Commander, UNIFIL. After an interactive session, Deputy Force Commander, UNIFIL addressed to the SLFPC troops, the eye catching 'Dog Show' that demonstrated the capabilities and active commitment of sniffer dogs, owned by the SLFPC were staged before the visiting Brigadier General.



'STEEL STORM I - 2023' IN LEBANON

The biannual 'Exercise Steel Storm I - 2023', - the joint live firing Exercise among the United Nations Interim Force units in Lebanon (UNIFIL) and the Lebanese Armed Forces (LAF) was held in the firing range of South Naqoura camp in Lebanon from 05 - 09 June 2023, with the intent to practise fire support procedures to be in line with UN laid guidelines.

UNIFIL Sectors, Force Commander's Reserve of France, Force Commander Units, inclusive of the Sri Lanka Force Protection Company (SLFPC), Indonesian Force Protection Company (Indo FPC), Tanzanian Military Protection Unit (MPU), together with Marine Task Force troops jointly executed live firing of small arms and Armoured Personnel Carrier (APC)-mounted machine gun firing during the Exercise. Representing the 14th Sri Lankan Force Protection Company (SLFPC) serving in Lebanon, 07 Sri Lankan peacekeepers and 04 members of the Quick Reaction Team (QRT), led by Major S M N-M Mannage of the Mechanized Infantry Regiment took part in the Exercise with 02 APCs and Multi-Purpose Machine Guns (MPMG).



Islandwide Poson Delights



A Bodhi Pooja was held at the Ranaviru Resource Centre in Attidiya under command to Directorate of Rehabilitation with the participation of devotees including Commandant, Ranaviru Resource Centre, Officers and Other Ranks following the courses at the Ranaviru Resource Centre on Poson Poya Day.



Troops of 4 Sri Lanka Light Infantry launched a sapling plantation programme and cleaning programme at the Rangili-Dambulu Rajamaha Viharaya Poson Zone premises on 5 June 2023.



A Dansal (free eatery programme) was held at the 12 Infantry Division following the conceptual layout of Major General G M N Perera RWP RSP USP General Officer Commanding, 12 Infantry Division on 3 June 2023.





Mammoth Dansal (free eatery programme) was held in Kanagarayankulam, Vavuniya area for the residents in the area by 16 Sri Lanka Sinha Regiment in line with the Poson Poya Day. Lantern and duplicate Mahindagamanaya display was also held by the troops of 56 Infantry Division at the same event.

Cool drink dansala was organised by troops of 23 Vijayabahu Infantry Regiment for the public on 3 June 2023.



Following the conceptual layout of Commander, 593 Infantry Brigade, Cool Drink dansala was held on 4 June 2023 at Kolombagas junction playground.



Lantern Display, and ice cream Dansala were organied by troops of 68 Infantry Division on 3 June 2023 at Puthukkudiruppu playground.





Following the conceptual layout of Commander, Security Force Headquarters (Central), a series of religious programmes was held in Diyatalawa with the coordination of Business Union, Diyatalawa. A rice dansala and lantern display were held at Mahamewnawa Bhawana Centre and public playground at Haldummulla.



Troops of 4 Gemunu Watch organised a dansala at Unnachchi town under the directions of Commander 231 Infantry Brigade. Nearly 2500 civilians were benefited from the dansala.



Troops of 11 Sri Lanka Sinha Regiment organised a dansala in Kurukkalmadu Town under the directions of Commander 231 Infantry Brigade.

Islandwide Poson Delights



Following the conceptual layout of General Officer Commanding 24 Infantry Division, troop of 241 Infantry Brigade held a rice dansala with the sponsorship of Millers in Akkareyipattu and Trade Unions in the area on 3 June 2023.



Jack and Maniyoc Dansala was organised by the troops of Security Force Headquarters (East) on 3 June 2023 in Welikanda. On the same day night, eye-catching lanterns display was organised by General Staff Branch, and Garrison Engineers of Security Force Headquarters (East).



Bun and cool drink dansala was organised on 3 June 2023 by the troops of 55 Infantry Division following the conceptual layout of General Officer Commanding 55 Infantry Division. Further, troops of 12 (V) Vijayabahu Infantry Regiment held a cool drinks and biscuits dansala on the same day.





An eye catching Poson Zone was organised in Mannar by 541, 542, and 543 Infantry Brigades under the guidance of General Officer Commanding, 54 Infantry Division. Tamil school girls joined the Bhakthi Gee programme (devotional songs).



NIGERIAN DEFENCE DELEGATION VISITS ARMY WAR COLLEGE



The defence delegation of Nigeria, headed by Major General SO Olabanji, Director of Nigerian Army Training and Doctrine Command made a visit to Army War College (AWC), Buttala on 8 June 2023 as a part of their five-day familiarisation tour in Sri Lanka.

The delegation enthusiastically witnessed a demonstration of ground orientation displayed at the Open Air Wing premises followed by visiting the exercise area where the Student Officers of the Junior Staff Course (JSC) had been attending their exercises as per the weekly training programme. During the cordial meeting, they promised to strengthen the ties between the two militaries and more co-operation in future and they also got an overview of the places of their interest in the AWC attaching more prominence to the training activities conducted in the Defence Studies Branch (DSB).

5TH BIEDD COURSE AT SLSME AWARDS BADGES AND CERTIFICATES

DRINKING WATER FACILITY FOR MEDAWACHCHIYA



The 5th Course of Bomb and Improvised Explosive Devices Disposal (BIEDD) concluded its training at the Sri Lanka School of Military Engineering (SLSME) in Thunkama, Embilipitiya on 15 June 2023. Major General A H L G Amarapala RWP RSP ndc psc Chief Field Engineer (CFE) of the Sri Lanka Army attending the concluding ceremony, awarded badges and certificates to the course as the Chief Guest for the occasion.

The training started on 06 February 2023 and ended on 15 June 2023 inclusive of a 14-day training package on Basic Chemical, Biological, and Radiology and Nuclear Response (CBRN) module with the participation of 3 Officers and 24 Other Ranks of the Sri Lanka Engineers (SLE). Captain T G H M Karunarathne of 10 SLE and in the Order of Merit in Officer and Other Rank categories respectively. Chief Guest awarded the Explosive Ordnance Disposal (EOD) badges and certificates before delivering the closing remarks.



Troops of 211 Infantry Brigade installed a new osmosis plant (water purification unit), worth around Rs. 2,000,000.00 for the benefit of students at Koongollawa Primary School, Medawachchiya and nearby civilians on 12 June 2023 fulfilling a long-felt need in the area where a high prevalence of Chronic Kidney Disease (CKD) benefiting more than 2500 civilians. Mr. Saman Gunathilake and his family extended the financial generosity for the project. Brigadier A M C P Wijayarathne RWP RSP Commander, 211 Infantry Brigade warmed the water purification unit on 11 June 2023 as the Chief Guest.

Mrs. M C Malaviarachchi Medawachchiva Divisional Secretary, Mr. Saman Gunathilake and his family members. Officers and Other Ranks of the 211 Infantry Brigade and Corporal Marasinghe M M M M of 9 SLE achieved the First the 2 Vijayabahu Infantry Regiment participated in this

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ARMY USES DRONES ON PADDY CULTIVATION

Army used drone technology on The Sri Lanka experimental basis for spraying of insecticides and herbicides for Army paddy cultivations of 8.5 acres around the Army Headquarters complex in Sri Jayawardenapura on 2 June 2023. Major General W B S M Abeysekara RSP USP Director General, Directorate of Financial Management and Colonel Commandant of Sri Lanka Army Corps of Agriculture and Livestock (SLACAL) implemented this in an attempt to reduce the cost and maximise the impact of such practices.

Accordingly, 3 representatives of Aerogeni (Pvt) Ltd arrived with their drones and equipment and demonstrated the techniques of spraying of insecticides and herbicides in the presence of the troops in the paddy-field patch, managed by 2 (V) SLACAL in Sri Jayawardenapura.



350 SAPLINGS FOR 53 DIVISION HEADQUARTERS





A sapling planting programme was organised inside the 53 Infantry Division premises in Inamaluwa, in parallel to the "World Environment Day" on 5 June 2023 under the guidance of Major General P G P S Ratnayake RWP RSP ndc General Officer Commanding (GOC) of the 53 Infantry Division. Accordingly, the Dambulla Branch of the Central Finance Company PLC gifted 350 saplings of 'Kumbuk' and 'Mee' to the GOC of the 53 Infantry Division for planting inside the camp compound.

Mr. Bathiya Rathnayaka Manager, Dambulla Branch of Central Finance Company PLC, Brigadier R W K Hewage RWP RSP Deputy General Officer Commanding of the 53 Infantry Division, Senior Officers, Officers, Other Ranks and few officials of Central Finance Company PLC participated in the planting ceremony conducted at the 53 Infantry Division premises within a few hours.

SIGNAL BRIGADE CELEBRATES ITS 35TH ANNIVERSARY



Signal Brigade celebrated its 35th anniversary on 01 June 2023 in Signal Brigade premises in Panagoda following the military traditions. The anniversary day celebrations, which showcased glamour and pride was included a guard turn out, all ranks tea, a special lunch for children at 'Maha Bodhi' orphanage, Meegoda. Colonel H D J P Weerathunga Commander, Signal Brigade graced the anniversary celebrations as the Chief Guest.

LEADERSHIP & CAREER DEVELOPMENT COURSE — 49 SUCCESSFULLY CONCLUDED

The Non-Commissioned Officers' 'Leadership and Career Development' Course No - 49 was successfully culminated following a certificate awarding ceremony at the Combat Training School (CTS) in Ampara on 10 June 2023. 95 Non-Commissioned Officers representing various regiments in the Army followed the two-month long residential course at the CTS from 22 May 2023 to 10 June 2023. At the awarding ceremony, Lance Bombardier Gamage V M S E of 10 Sri Lanka Artillery was awarded as the Best Student in the course. Colonel M K A D Chandimal RSP Commanding Officer, Combat Training School graced the certificate awarding ceremony as the Chief Guest.



10 VIR CELEBRATES ITS 29TH ANNIVERSARY



8th Battalion the Vijayabahu Infantry Regiment celebrated its 29th battalion anniversary on 1 June 2023 at the battalion headquarters in Jeewanagar, Mannar following a series of events giving priority to military traditions. A colourful guard turnout to the Commanding Officer, a friendly tournament, troop address were also included in the anniversary events.

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GOOD MEMORIES, BAD MEMORIES

WHAT WAS HIS LOSS
MIGHT BE A GREAT LOSS
SOMETHING HE ACHIEVED BEFORE
SOMETHING HE DESIRED TO ACHIEVE
SOMETHING HE OWNED BEFORE..
SOMETHING HE DESIRED TO BE HIS..
WHATEVER HE LOST
BRINGS BACK HIS MEMORIES
GOOD MEMORIES BUT HE WORRJES

DOES THE LOSS MADE HIM WORRY
OR THE MEMORY MADE HIM WORRY
NO I THE MOMENT HE REALISES THERE WILL BE
NO MORE OF THESE MEMORIES
MADE HIM WORRY

HE MIGHT LOST THE LOVED ONES
HE WORRIES AS THE ONE THE ADDRED
THE MORE HE LOVED THE MORE HE SORED
HE COULD BIND THE LOVE
BUT IT WAS UNFOUNDED
HE COULD REPLACE THE LOVE
BUT ONLY THE FEELINGS..

A MATERNAL BOND CANNOT BE REPLACED
A RELIABLE FRIEND CANNOT BE REPLACED
WHAT WAS HIS LOSS
HE BEGGED FOR A LOSS FREE OF GRIEF
SO SELFISH HE WAS
HE TRIED TO KILL HIMSELF TO GET RELIEF
MORE SELFISH HE WAS

GAINING AND LOSING FORM A CLOSED CHAIR
IT S THE CHAIN OF JOY AND GRIEF ON WHEEL
EACH GRIEF HAS TO BE ROTATED
HE HAS TO ROTATE IT

WHAT WAS HIS LOSS
HE ROTATED THE CHAIN
WHERE WAS THE PAIN
BRINGS BACK HIS MEMORIES
NO MORE WORRIES ONLY BAD MEMORIES

Kishotharan S Faculty of Engineering University of Jaffna





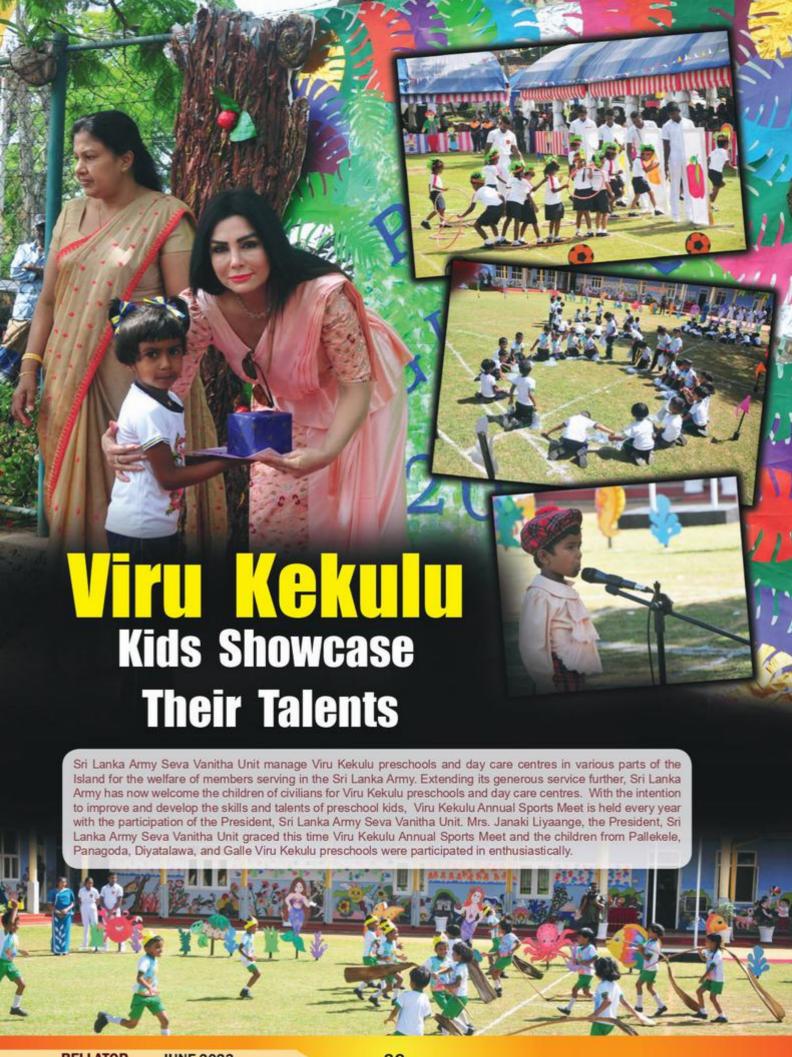
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Overcoming challenges in career, your inspirational stories, lessons learnt, gallantry acts, unforgettable experiences, poetic insights, living with disability and coping and many more...

Send in your story to: ranaviruwa@yahoo.com

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Viru Kekulu preschool sports meet on 20 June 2023 in Panagoda



Viru Kekulu preschool sports meet on 16 June 2023 in Diyatalawa



Viru Kekulu preschool sports meet on 14 June 2023 in Galle



Viru Kekulu preschool sports meet on 23 June 2023 in Pallekele



Viru Kekulu preschool sports meet on 26 June 2023 in Ipalogama



Viru Kekulu preschool sports meet on 26 June 2023 in Anuradhapura



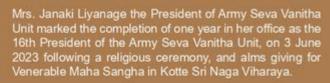
Viru Kekulu preschool sports meet on 28 June 2023 in Manning town



Viru Kekulu preschool sports meet on 30 June 2023 in Minneriya



ASVU PRESIDENT MARKS ONE YEAR IN OFFICE



The Incumbent of Sri Naga Viharaya, Deputy Principal of Subadrarama Pirivena, Kotte, Venerable Waturawila Sujatha Thero invoked blessings to the President of Army Seva Vanitha Unit on account of the completion of the one year in office and for her family, fallen War Heroes, differently-abled War Heroes, and their families following an alms giving.

Extending the dutiful service, the President of Army Seva Vanitha Unit visited Corporal Fernando W H W of Sri Lanka National Guard and awarded some gifts and relief items to his critically ailing spouse as incentives.

BELLATOR JI

JUNE 2023

ARMY SEVA VANITHA UNIT MARKS FATHER'S DAY

Celebrating the Father's Day, Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit together with the members of Seva Vanitha visited the Home for the Aged at Leslie Ranagala Mawatha, Borella on 18 June 2023 and offered a sumptuous lunch for them. After offering lunch, the Army Calypso Team entertained the residents with enchanting music and offered a stock of gift parcels for all.

Brigadier (Coordinating), senior members of the Army Seva Vanitha Unit, Officers and Other Ranks joined the treat.



MONTHLY MEETING OF ARMY SEVA VANITHA UNIT







The monthly meeting of the Army Seva Vanitha Unit was held at Army Headquarters premises with the participation of Regimental Seva Vanitha Chairpersons, Executive Board Members and Senior Members representing all the regiments on 5 June 2023. Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit chaired the monthly meeting.

With conclusion of the monthly meeting, a programme of distribution was held and providing a moral support for War Heroes and their families. Accordingly, scholarships each, worth Rs. 120,000.00 awarded to 3 children of deceased soldiers who are schooling at present and made a donation of Rs. 450,000.00 to a soldier of Gajaba Regiment for house construction.

Also, the profit of the yogurt project launched by Army Seva Vanitha Unit with the cooperation of Sri Lanka Army Service Corps was also handed over to the President, Army Seva Vanitha Unit by the President of Sri Lanka Army Service Corps Seva Vanitha Branch. In addition, Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit extended the financial assistance to Mrs. Thushari Wanigasekara, President of Sri Lanka Army Service Corps Seva Vanitha Branch, Mrs. Rajitha Jayasooriya the President of Military Intelligence Corps.

PRESIDENT, ASVU DECLARES OPEN CHILDREN'S PARK



A Children's Park and Air Rifle firing range were built at 53 Infantry Division premises following the conceptual layout of Major General P G P S Rathnayaka RWP RSP General Officer Commanding 53 Infantry Division in front of the 53 Infantry Division premises. Mrs. Janaki Liyanage President, Army Seva Vanitha Unit declared open the Children's Park and Air Rifle firing range on 30 May 2023. Children and administrative staff, and teachers of "Kids' World" preschool were also participated in the opening ceremony.

SRI LANKA ARMOURED CORPS SEVA VANITHA BRANCH



Mrs. (Dr) Harshini Bothota Chairperson, Sri Lanka Armoured Corps Seva Vanitha Branch, donated a sewing machine to the wife of late trooper R A Indrakumara of Sri Lanka Armoured Corps after visiting his home at Bandarawela on 22 May 2023. The project was initiated to uplift the living standard of the particular soldier's family with the financial support of the Sri Lanka Armoured Corps Seva Vanitha Branch. Major General D B S N Bothota RWP RSP USP psc Colonel Commandant of Sri Lanka Armoured Corps, Mrs. (Dr) Harshini Bothota Chairperson, Sri Lanka Armoured Corps Seva Vanitha Branch, officers and Other Ranks participated in the event.

SRI LANKA SIGNAL CORPS SEVA VANITHA BRANCH





The members of the Sri Lanka Signal Corps Seva Vanitha Branch have organised a 'Sago Dansela' near the Temple of the Tooth Relic (Sri Dalada Maligawa) premises, Kandy to mark the Poson Full Moon Poya Day following the guidance of Mrs. Nalini Ratnayake, Chairperson, Sri Lanka Signal Corps Seva Vanitha Branch.

Major General K A W S Ratnayake ndu the Chief Signal Officer of Sri Lanka Army and the Colonel Commandant of the Sri Lanka Signal Corps, Mrs. Nalini Ratnayake Chairperson of Sri Lanka Signal Corps Seva Vanitha Branch and members of Sri Lanka Signal Corps Seva Vanitha Branch participated in the programme.

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SRI LANKA LIGHT INFANTRY SEVA VANITHA BRANCH





Following the instructions of Major General C D Weerasuriya RWP RSP ndu Chief of Staff and Colonel of the Regiment, Sri Lanka Light Infantry, Mrs. Dhanusha Weerasooriya Chairperson, Sri Lanka Light Infantry Seva Vanitha Branch organised a free eatery (Dansela) on 3 June 2023 at Silver Bugles cafeteria premises.

SRI LANKA SINHA REGIMENT SEVA VANITHA BRANCH



Mrs. Omila Jayawardena Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch together with the members of Sri Lanka Sinha Regiment Seva Vanitha Branch visited the Ward No.5 of National Institute of Mental Health (NIMH) in Mulleriyawa on 17 June 2023.

During the visit, packs of essential items were distributed among 35 residents in the ward and an electric kettle was also gifted to the ward by the Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch. A delicious tea and a lunch were offered to the residents before they were entertained by a musical session with calypso band.

GEMUNU WATCH SEVA VANITHA BRANCH

Considering the plight of a homeless infantryman of the Gemunu Watch, Gemunu Watch Seva Vanitha Branch built a new house in Diyathalawa with sponsorship provided by the philanthropist, Mr. Wijerathna Bandara Ranmuthugala and his family. The newly built house was vested in the beneficiary on 9 June 2023 in a simple ceremony, attended by Mrs. Shalika Edirisinghe Chairperson, Gemunu Watch Seva Vanitha Branch together with the Colonel of the Regiment, Gemunu Watch. Troops of 1 Gemunu Watch extended the manpower and technical expertise for the project.





Mrs. Senali Dulka Herath newly-appointed Chairperson, Mechanized Infantry Regiment Seva Vanitha Branch, took over duties during a simple ceremony at the Officers' Mess complex at the Mechanized Infantry Regimental Centre in Dambuluhalmillewa on 10 June 2023.

CORPS OF ENGINEER SERVICES SEVA VANITH BRANCH

Following instructions of Chairperson, Corps of Engineer Services Seva Vanitha Branch, school accessories were distributed among the children of Army families serving at 12 (V) Corps of Engineer Services on 11 March 2023 encouraging their studies. During the programme, school accessories and equipment were distributed.





SRI LANKA ARMY SERVICE CORPS SEVA VANITHA BRANCH





The Sri Lanka Army Service Corps Seva Vanitha Branch organised a distribution of essentials among pregnant women in the families of Other Ranks and civil employees serving at Sri Lanka Army Service Corps at the Regimental Centre of Sri Lanka Army Service Corps on 21 May 2023. In line with the same event, an alms giving was offered for 7 noble monks and nutritious lunch for pregnant mothers. The project was initiated on a concept of Mrs. Thushari Wanigasekara Chairperson, Sri Lanka Army Service Corps Seva Vanitha Branch.

SRI LANKA ARMY MEDICAL CORPS SEVA VANITHA BRANCH





The Sri Lanka Army Medical Corps Seva Vanitha Branch with the intention of encouraging children of Army families for higher studies granted five scholarships, each worth Rs. 50,000.00 for five undergrads of Army personnel on 12 June 2023.

Mrs. (Dr) Nilmini Fernando Chairperson, the Sri Lanka Army Medical Corps Seva Vanitha Branch initiated the project in collaboration with the members of the Sri Lanka Army Medical Corps Seva Vanitha Branch at the Army Hospital premises with the blessings of Major General PAC Fernando USP Colonel Commandant of the Sri Lanka Army Medical Corps.

Moreover, children of Army personnel who are under economic hardships were also given packs of school accessories to continue their school education without any interruption. Senior members of Sri Lanka Army Medical Corps Seva Vanitha Branch, Senior Officers, Officers, Other Ranks and children participated in this event.

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SRI LANKA ARMY ORDNANCE CORPS SEVA VANITHA BRANCH





Mrs. Banduni Magret Ranasin Ranawaka Chairperson, Sri Lanka Army Ordnance Corps Seva Vanitha Branch visited the Ragama Ranaviru Sevana (RRS) on 27 May 2023 with the objective of inquiring well-being of the War Heroes. Before culmination of the visit, members of Sri Lanka Army Ordnance Corps Seva Vanitha Branch awarded some gifts to the War Heroes. Several Senior Officers, Officers, Other Ranks and members of Sri Lanka Army Ordnance Corps Seva Vanitha Branch were also joined the visit.

SRI LANKA ELECTRICAL & MECHANICAL ENGINEERS SEVA VANITHA BRANCH



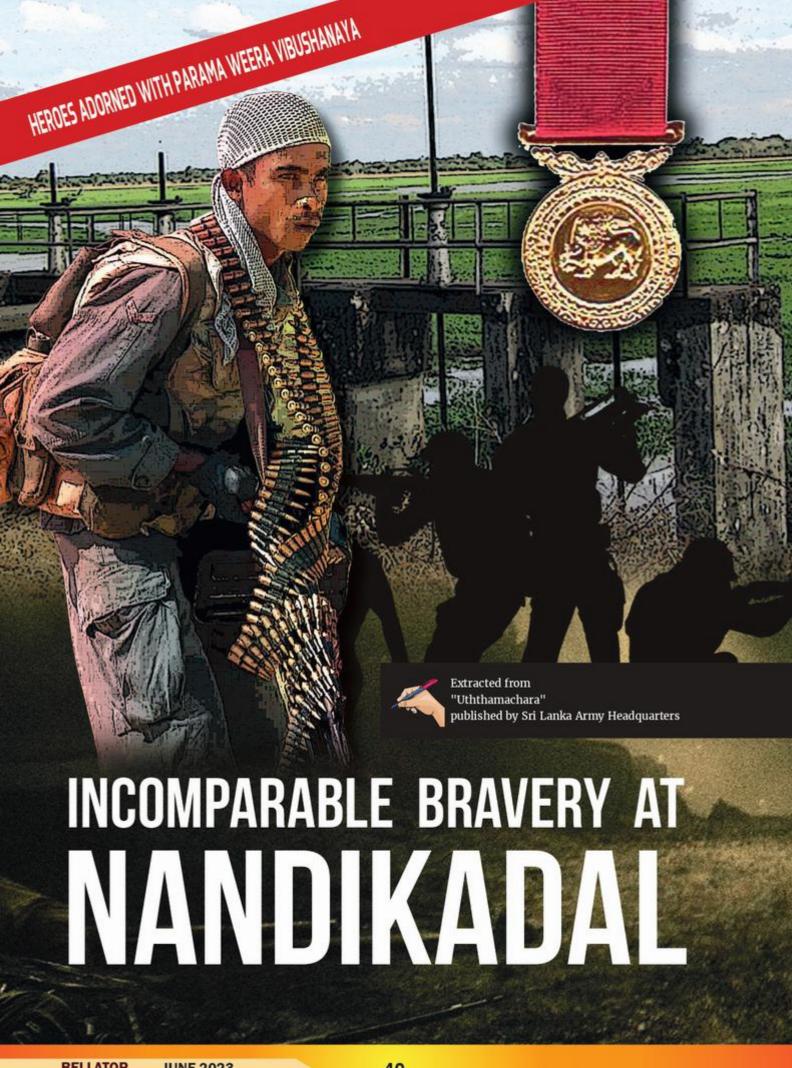


Following the conceptual guidance of Mrs. Nandani Samarakoon Chairperson, Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch launched a series of programmes for the Officers, Other Ranks and civilians on 27 and 28 May 2023. Accordingly, a manioc dansal was organsied for the devotees of Ruanweli Maha Seya. An awareness programme was also organsied on 28 May 2023 to promote home gardening to strengthen the economic conditions of the household. Mr. W G Amarajeewa Agrarian conducted the educative programme at the 5 Sri Lanka Electrical and Mechanical Engineers premises. Rs. 20,000.00 worth incentives were also distributed among the attendees along with the vegitable and fruit seeds. Two grass cutting machines were donated to Abhimansala in Anuradhapura by Chairperson, Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch.

SRI LANKA CORPS OF MILITARY POLICE SEVA VANITHA BRANCH



Mrs. Priyanthika De Zoysa assumed duties as the new Chairperson of the Sri Lanka Corps of Military Police Seva Vanitha Branch amidst 'Seth Pirith' chanting of Maha Sangha on 1 June 2023 at her new office in the Sri Lanka Corps of Military Police Regimental Headquarters. Several senior members of the Sri Lanka Corps of Military Police Seva Vanitha Branch and Officers were present at the occasion.





S/197405 Lance Corporal Rathnayaka RMDM PWV Sri Lanka Light Infantry

Mr. Rathnayaka Mudiyanselage Punchi Banda and Mrs. Disanayaka Mudiyanselage Yasawathie, perents again, a baby boy was born on 29th January 1990 in Uva Paranagama in Badulla District where a home for many Heroes. With the intention to carry the family name further, the happy parents named the son as Dilshan Madusanka. With the completion of the age to school, Madusanka entered to the Yalagamuwa Maha Vidyalaya. With the years passed by he was qualified for secondary education and accordingly his parents entered him Bandarawela Maspanna Bandaranayaka Parshada Vidyalaya. The school has provided a platform for sports. According to then school teacher of Dilshan Madusanka, he was good at handball, marathon, jawline and disc throw. Further, he was an important character of Yalagamuwa Buddhist Temple. The temple taught him the good values of patience. During his school period he was a bright student both in school and Dharma school.

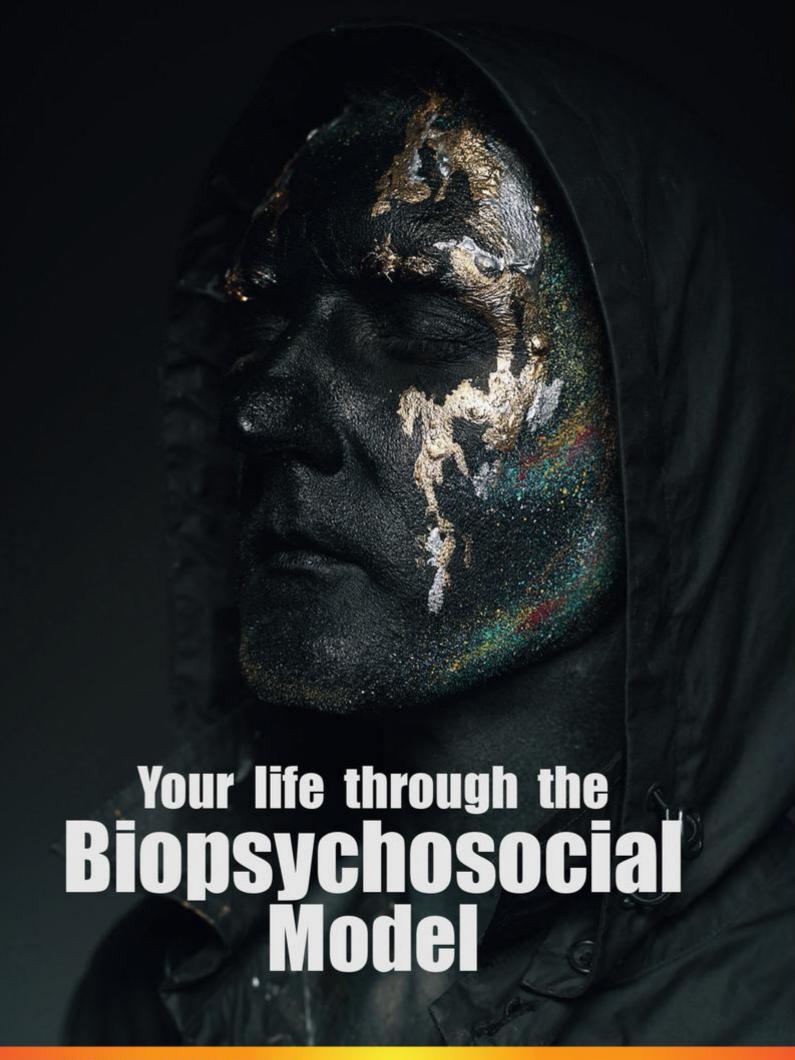
Accordingly, then Chief Incumbent of Yalagamuwa Buddhist Temple Most Reverend Punyarathana Thero, Dilshan Madusanka was a key player in any event of the village since his school days. He had borne many appointments in village unions and always was a perfect virtuous companion for all in the village. In the meantime, Dilshan Madusanka decided to join the Sri Lanka Army with the blessings of his parents after schooling while his friends were having fun. His father was very happy with his decision and willingly permitted to join the valorous creed of defenders.

On 21 May 2008 Dilshan Madusanka entered the Sri Lanka Army Regular Force as a recruit and completed preliminary military training from 03 July 2008 to 03 October 2008. As a leading student and player in the school recruit Rathnayaka R M D M won the hearts of his instructors. Confirming the fact Sergeant Udaykumara B G D said that he was a brilliant student of him that he met during his instructing career. The day that their son passed out completing the preliminary military training was one of the best memories for recruit Rathnayaka R M D M's parents. On 22 October 2008 recruit Rathnayaka R M D M joined "B" Squadron, 6 Battalion of Sri Lanka Light Infantry. Due to the heroic courage he was able to join the special operations squadron.

With the enemy's malicious act of blocking the Mahavilaru dam, recruit Rathnayaka R M D M also had the brave idea to terminate the war which suffocated the country over 30 years. Therefore, he had no fear to fight as he was much willed in his stand. At the time troops moved towards the Nandikadal, Wadduwakal in Mullaitivu strategically at the time, where the enemy had taken the innocents as a human shield and stored heavy weapons. To over cross these all enemy obstacles, Special Operations Squadron was deployed. They walked through the buildup trenches over 4 days. At the time enemy had attacked from the Ship Farah which was forcibly kept under enemy control. Therefore, crossing the land was a challenge for Special Operations Squadron at the time before enemy attacks. However, the team marched forward amid the heavy fire of the enemy. The courageous team however, was able to undertake the forward defence line of the enemy into their control.

It was 11 Mary 2009 and Private Rathnayaka R M D M gripped his gun into his hand and marched together with his 04 comrades ahead. At the time, enemy had attempted to prevent the forward march of Private Rathnayaka R M D M and his team using all thier potentials. When entering Nandikadal, Private Rathnayaka R M D M had acted as the forward defender and saw the enemy boats that attempted to harm his comrades. Knowing that his life is in threat, Private Rathnayaka R M D M decided to safeguard his comrades. Suddenly, a random bullet hit Private Rathnayaka R M D M unexpectedly. But he did not give up his desire to be in the battle. He fought vigorously until he bade farewell to the nation.

Following the tragic demise of warrior, Private Rathnayaka R M D M was posthumously awarded Parama Weera Vibhushanaya for his individual act of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy 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 at the 65 Independence Day Anniversary.



Life has different definitions and interpretations. It connects all visible and invisible corners of human complexity. We can see life from different angles. Today we're going to see life through a biopsychosocial lense.

What is this biopsychosocial model, or, in other words, approach?

The biopsychosocial model explains how biological factors, psychological factors, and social factors are interrelated in a person's understanding of health. This concept was conceptualised by George Angle in 1977 by explaining that human illness is not only related to biological factors but also to psychological and social factors.

This model explains how each has an interrelationship in human life, especially with related illnesses. When it further sees these factors included in the model:

Biological factors include genetics, hormones, injuries, diseases, medicines, exercises, and more. Psychological factors include beliefs, coping skills, personality types, level of stress, behavior, IQ, etc. Social factors explain family, relationships, job, financial status, married life, environment, etc.



Why this needs to be understood deeply

Some illnesses have a hidden story.

Example: a person with gastritis (biological) caused by a high level of stress (psychological) or poverty (social). It explains the interrelationships between the individual and those factors.

Importance of a balanced life

Sometimes we earn money without considering all other factors, and then at a time we may have much money but loss of family, health, friends, happiness, etc.

Understand someone's situation.

If you know or feel someone closer to you going out of this balanced circle, then you can help him understand upcoming realities.

Help someone under these circumstances.

There may be some individuals under treatment who have made no recovery. In such situations, we can see



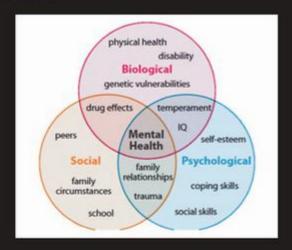
whether he is getting social support from family or loving ones. Even if both biological and social factors are stable, his or her psychological status may have effects on this.

Self-awareness

Understanding this model will enhance the self-awareness of individuals, especially the causes of incidents followed by reactions to the outcomes in the long and short terms.

History in the context of life situations

Mainly, factors behind unseen situations are also investigated via this model. For example, when someone says I can't sleep at night, it may include family problems, chronic diseases, stress, the outcome of some unpleasant incident, etc.



How Biopsychosocial Model Interrelated in Life

This is a broad model that attempts to educate to have a better life. The awareness of these factors will help anyone to enhance their mental health.



By Captain Nisal Rukshan SLSR BSc (hons) Counseling Psychology Sri Lanka Sinha Regiment



"We always recommend a balanced diet to prevent kidney stones"

SAYS LIEUTENANT COLONEL (DR) K SUTHARSHAN CONSULTANT UROLOGIST-ARMY HOSPITAL, NARAHENPITA

The removal of a kidney stone through a surgery by Sri Lanka Army doctors which took place at the Army Hospital in Narahenpita on 01st June 2023 was later found as the World's largest and heaviest kidney stone and went to Guinness World Records. Under the guidance and supervision of the Consultant Urologist, Lieutenant Colonel (Dr) K. Sutharshan, Head of the Genitourinary Unit of the Army Hospital in Narahenpita , the kidney stone was removed from a kidney of a patient (62-year-old retired soldier of S L Army, Mr. Canistus Coonge) through a very successful operation. The Kidney Stone which was removed by the Army doctors weighs 801 Grams which is almost 13.372 Centimeters. Soon after the surgery, the removed kidney stone was shown to Lieutenant General H L V M Liyanage RWP RSP Commander of the Army, by Major General P A C Fernando USP the Director General of Army Health Services and Lieutenant Colonel (Dr) K Sutharshan who successfully performed the surgery with his enthusiastic team members. It was also reported that the largest kidney stone was found in India in 2004 on a previous occasion and it was 13 centimeters long and the heaviest kidney stone was found in Pakistan in 2008, which was 620 grams of weight. However, with the intention of educating our readers of "Bellator" Magazine about kidney stones and related side effects, we conducted an exclusive interview with Lieutenant Colonel (Dr.)K Sutharshan of the Army Hospital in Narahenpita.

Question:- How do you get into the field of Urology?

Answer: - I was born in Jaffna. My mother was a Consultant Dermatologist and my father was a Dental surgeon, both worked in Jaffna Hospital for 29 years since 1979. I studied in Jaffna St. John's College until my Advanced Level. I got a super merit rank in the A/L exam and entered the Medical Faculty of University of Sri Jayawardanapura. I have done my postgraduate education at the University of Colombo and was awarded as Consultant Urologist. Further, I have done MRCS at the Royal College of Surgeons England. In the meantime, I have completed my foreign training at Kings College Hospital NHS Foundation Trust, Denmark Hill London for a period of two years. I returned to Sri Lanka in 2018 as board certified Consultant Urologist. Initially, I was appointed to General Hospital Kalutara where I established the first Urology unit. In 2020, I was appointed to General Hospital Ampara where I served for 2 years. Since 2020 I worked as a voluntary consultant at Army Hospital while I was in the Ministry of Health and since 2022. I have been enlisted as a Regular Force Officer in Army Hospital Colombo. Also, with my guidance, I was able to establish the very first urology specialty in 2022 at the Army Hospital in Narahenpita. Since then, we have performed a range of Urology services inclusive of 1000 surgeries.

Question:- What did you feel when you got to know that you made a Guinness World Record by removing the world's largest kidney stone out of a patient (Ex-soldier) who is receiving treatments at the Army Hospital in Narahenpita?

Answer:- Actually, it was an exciting moment in my career. Initially, we got to know from CT scan that the size of the stone is more than the existing world record so we are so excited. But as a surgeon, it is more challenging since,



I have to perform this surgery and take the stone out without giving any harm to the patient as well as to the stone. Removing stone without any damage to it is really challenging. Honestly, in 2004 Indian surgeons removed that stone into pieces due to technical difficulty. That made me another exciting and stressful factor to consider. With all the challenges we proceeded with the support from all in the hospital. At the end of surgery we successfully removed the stone without damage to the patient's kidney. That moment I felt extreme professional satisfaction as a surgeon with a great achievement not only as a surgeon but also for the army and Nation. This made the whole world to see our nation with great pride and recognition.

Question:- What is the quantity of water a person should drink every day to maintain his health at a satisfactory level?

Answer:- We usually recommend 3 liters of water per day for a healthy individual to maintain his or her normal kidney functions. This is really essential.

Question:- What sort of food should a person avoid to prevent kidney stones from occurring?

Answer:- Regarding food intake, we always recommend a balanced diet to prevent stones. Any food that contains excess calcium, oxalate, and uric acid should be avoided. That means excess amounts should only be restricted but not to avoid the above-mentioned minerals. Foods such as drumstick, tomato, and red meat are some of the foods that should be taken with Limit. Also, foods containing excess amounts of added salts should be avoided.

Question:- Will high blood sugar or high blood pressure affect someone's kidneys?

Answer:- Yes diabetes and hypertension are one of the most risk factors for kidney damage. Specially uncontrolled disease leads to damage to kidney function. Studies say nearly 50% of diabetes patients eventually develop diabetic nephropathy. Also, 28% of hypertensive patients will develop kidney damage as per the studies.



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



OUTREACH TRAINING PROGRAMMES CONDUCTED BY THE SRI LANKA ARMY

Quality training and standard training disciplines in the Army as history has proven repeatedly are an invaluable asset not only for the organisation but also for outside society since leadership is closely entwined with high standards of discipline, self-development, morality, endurance, considerateness, motivation, behaviour, and variety of other auxiliary facets.

Apart from their tactical operational security aspects, the Sri Lanka Army facilitates outreach training programmes (OTP) for school students, university students, government and private sector workers, etc to encourage them on recognition, leadership, selfdevelopment, prevention of safety and health hazards, etc in their day to day life. These programmes are coordinated, monitored, and administered solely by the Army with the close guidance and supervision of the Directorate of Training at the Army Headquarters. Innovative establishments understand that long-term success needs a channel of visionary leaders who could assist build and ensure a competitive periphery. These Outreach Training programmes formulate emerging leaders to become more effective influencers who can contribute to corporate success on a higher level.

TO WHOM?

The Sri Lanka Army conducts these Outreach Training Programmes (OTP) for Government / Private school students (above 14 years of age), University students, and government and private sector workers.

WHAT ARE THE CATEGORIES OF OUTREACH TRAINING PROGRAMMES?

Outreach Training Programmes could broadly categorized as;

a) Adventure Training Programmes

These programmes include strenuous physical activities such as hiking, rope climbing, obstacle path, etc)

b) Outward Bound Training Programmes

These programmes include both indoor and outdoor activities which enhance the trainees' leadership, personality development, team spirit, communication skills, etc.

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c) End User Training Requirement Programmes

These programmes will be conducted as per the requirements projected by the end users. This includes lectures, recreational activities, and outdoor activities.

d) Outside Lecture/Training Assistance Programmes

These programmes will be conducted on a specific subject requested by an outside organization or institute. Therefore, both lectures and training will be provided.

e) Sports Shooting Club

Shooting events could be conducted only in an established sports shooting club with a range, of qualified instructors and having obtained a license from Army Small Arms Association.

MODES OF TRAINING AND DURATION

a) In-house Training

These programmes will be conducted inside the camp premises. Also, these residential programmes will continue up to a maximum of seven days including weekends.

b) Outside Lecture / Training Assistance Programme

These programmes will be conducted in a special venue arranged by the organisation of the trainees. Here, the Army assists by visiting lectures, qualified instructors, and a team of trainers as necessary. Maximum duration of these programmes is two consecutive days.



CONDUCT OF TRAINING

All Outreach Training Programme training centres will be classified as 'Permanent' and can conduct categories of OTP specified by the Army Headquarters. Among them, the Adventure Training Programmes will be conducted only at Commando Regiment Training School and Special Forces Training School as they have specialised trainers, facilities and kit-equipment. The highest concern is attached to the improvement of ideational factors and to inculcate national and personal values. All these areas will ensure the quality of the workforce and their motivation to excel in their jobs. The conceptual knowledge on leadership and management is disseminated through well-structured and logical modules to improve the confidence and competence of the participants during the programme period.

All the candidates who embrace challenges, seek genuine personal and professional growth, and are ready to think in new ways about their capacities will be selected to follow the programmes. The Army designed 'Out Reach Training Programmes' to provide the civilians an opportunity to develop their skills, effective decision making, mentoring, teamwork etc. Therefore, the Army's attempt in giving a unique vision and access to some of the most needed areas will place an enormous emphasis on their future.



NOTE TO READERS

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Charity Palmeard Palmeard

1.SCHOOL ACCESSORIES FOR STUDENTS

The 241 Infantry Brigade distributed a large stock of school accessories among 40 children at Swami Vipulananda Children's Home in Akkaraipattu on 24 June 2023.

2.MEALS FOR PILGRIMS



Troops of the 12 Infantry Division provided meals for pilgrims on foot pilgrimage (Paada Yathra) on 15 and 21 June 2023.

3. BEACH CLEANING PROGRAMME



06 Officers and 205 Other Ranks of the 22 Infantry Division launched a beach cleaning programme on 13 June 2023.

4. DONATION FOR ELDERS' HOME



Troops of the 231 Infantry Brigade donated 4 insect controller machines to the 'Little Sisters of the Poor' Elders' Home on 4 June 2023.

5.FIRE CONTROL



8 Gemunu Watch assisted in extinguishing a fast spreading bush-fire that broke out in the general forest area of Godakumbura in Balangoda on 17 June 2023.

6.BEACH CLEANING



250 Army personnel and local residents of Point Pedro removed piles of trash and environmental pollutants of Sathkotai and Urani on 28 June 2023.

7. TEMPLE RENOVATION



Troops of 52 Infantry Division renovated and cleaned the Sri Ghanadurga Amman Kovil in Jaffna, on 29 June 2023.

8. MOBILE MEDICAL CAMP



Troops of 562 Infantry Brigade held a mobile medical camp at Thausiyakulam Government School premises on 24 June 2023.

9. TEMPLE RENOVATION



Troops of Corps of Engineer Services plastered the 1st floor of the two-storied accommodation building (Sanghawasa) at Kahagolla Sri Gnanarama forest monastery on 09 June 2023.

11. VADAMARACHCHI ELUTHTHUMADDUVAL 3. NILAVELI 12. VAVUNIYA 8. THAUSIYAKULAM 4. BATTICALOA 6.URANI 13. KELANIMULLA 1. AKKAR AIPATTU

11. AFTER SCHOOL CLASSES FOR STUDENTS

Troops cleaned Mihindu Seth Medura (MSM) at Attidiya area on account of the 'World's Environment Day' (07 June 2023).

10.ENVIRONMENT CLEANINING PROGRAMME



55 Infantry Division conduct after school classes for needy students for Grades 9, 10 and 11 students at Kottawatthai American Mission Tamil Mixed (AMTM) school and Polykandy Hindu Tamil Mixed (HTM) school in the Vadamaarachchi Zonal Education Area.

12.BLOOD DONATION CAMPAIGN



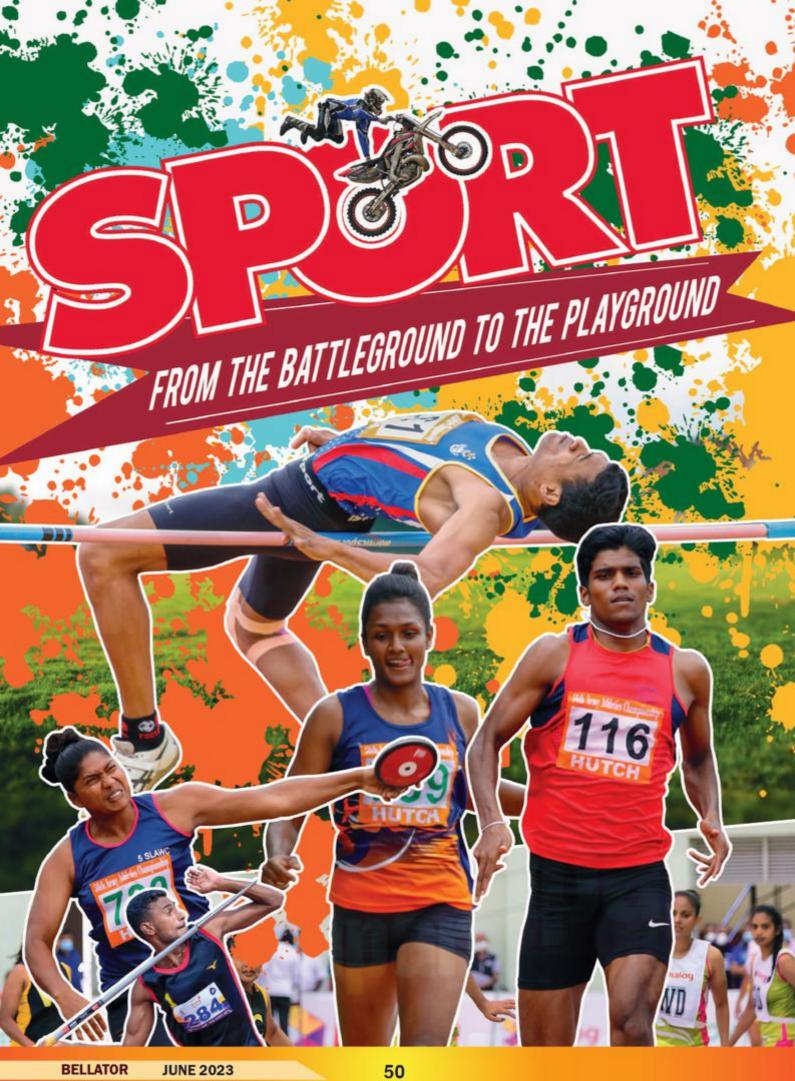
Troops of Security Force Headquarters (Wanni) voluntarily donated their blood to the Blood Bank at Vavuniya District Hospital on 24 June 2023.



13. DENGUE PREVENTION CAMPAIGN



2 (V) Battalion Sri Lanka Light Infantry launched a dengue prevention campaign, at Gothatuwa MOH office in the Kelanimulla Grama Niladari Division on 24 June 2023.



INTERNATIONAL



BADMINTON PLAYERS SECURE SILVER IN UNIFIL

Female badminton players of the Sri Lankan Force Protection Company (SLFPC) of the Force Headquarters Support Unit (FHQSU) competed in the Badminton tournament organised by Welfare & Recreation Committee of the United Nations Interim Force in Lebanon (UNIFIL) won the second place in Open Women's Double event beating their rivals from Indonesia.

Accordingly, Lady Officer, Major D S A Dolawaththa and woman soldier, Corporal Bandara J W M W U serving the 14th Force Protection Company (FPC) of the Sri Lanka Army in the UNIFIL secured the 2nd place and claimed the certificate, medal and the silver trophy.



The Badminton tournament was held on 5 and 9 June 2023 at the Rub Hall of UNIFIL Headquarters in Naqoura, Lebanon. Players from Indonesia, India, Malaysia, China, Nepal, France, Ghana, Zambia and Poland participated in the tournament.

10TH DAMSO INTERNATIONAL CHESS FESTIVAL 2023



The awarding ceremony of the six-day long '10th Damso International Chess Festival 2023' was held at Lavanga Resort and Spa, Hikkaduwa from 27 May 2023 to 30 May 2023. 500 male and female players from Sri Lanka and abroad participated in the 10th Damso International Chess Festival 2023. The Sri Lanka Army team won the Government and Mercantile Team category championship at the awarding ceremony. The 10th Damso International Chess Festival 2023 (DICF) is annually organised by the Old Boys' Chess Association of Dharmasoka College, Ambalangoda.



SLFPC IN LEBANON COMPETES IN MARATHON

Captain M S M Dissanayake (Special Forces), Warrant Officer II S W Gunasiri (Sri Lanka Signal Corps), Warrant Officer II W G Priyantha Kumara (Sri Lanka Engineers), Corporal Nuwan Sanjeewa K P (Special Forces) Corporal Samantha Kumara T G A P N M (Sri Lanka Artillery), Corporal Piyatissa B M P R (Mechanized Infantry Regiment) and Lance Corporal Jayathilake H M DM (Sri Lanka Artillery) won medals for completing the 21.1 km long half marathon in less than 3 hours at the Annual ISF Half Marathon. The event was organised by the General Directorate of the Internal Security Forces (ISF) under the supervision of the Lebanese Athletics Federation and the Director General of the Internal Security Forces in Beirut, Lebanon on 11 June 2023.



SLFPC TEAM IN UNIFIL SWIMMING COMPETITION MARKS VICTORY

Sergeant Wimalasooriya K W N Staff Sergeant Gayanthi P D C Sergeant Jayasekara D S Corporal Nuwan Sanjeewa K G, Corporal Prasanna Kumara R G N S and Corporal Premasiri U G K R won the medals in 40 M Breast stroke (Women), 40 M Breast stroke (Women) and 4 X 40 M Medley Relay at the annual 'Open Swimming Competition' organised by the Sri Lankan Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL). The eventwas held from 25 to 26 May 2023 at the UNIFIL Headquarters in Naquora, Lebanon. A large number of swimmers from Indonesia, India, Sri Lanka, Irish-Poland Battalion, France (Force Commander Reserve - FCR), Spain, China, Ghana, Malaysia, Macedonia, Slovenia, Italy, Headquarters Force Protection Unit and Sector West, competed in the events during both days.

BRONZE MEDAL EARNS IN INTERNATIONAL CHALLENGE BADMINTON TOURNAMENT

Private Gunethilaka B D D T of the Sri Lanka Army Service Corps secured a bronze medal at the International Challenge Badminton Tournament. He competed under men's double event at the International Challenge Badminton Tournament, which was held in Maldives from 5 to 10 June 2023.

The World Badminton Federation organised the tournament with the sponsorship of Li-Ning, a Chinese sportswear and sports equipment company. This is one of the International Badminton Tournament series staged in the world.



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LOCAL

NATIONAL BILLIARD AND SNOOKER TOURNAMENT





08 th National Billiard competition was held from 15 May 2023 to 30 May 2023 at National Union Auditorium with the participation of players from various parts of the country. WO II S G Susantha and Lance Corporal Mubeen M M of Sri Lanka Army who participated in the event won the National second and third place at the event defeating the other players. Automobile Association of Colombo organised the event, Also, Corporal Mubeen M M of Sri Lanka Army won the second place at the 6 National RED Snooker tournaments which was held on 9 May 2023.

NATIONAL BEACH VOLLEYBALL CHAMPIONSHIP

The annual Sunquick National Beach Volleyball Championship was held in collaboration with the Sri Lanka Volleyball Federation at the Public beach park in Negombo from 19 May 2023 to 21 May 2023. 186 island-wide teams participated in the tournament under 3 categories including Open, Under 20 and Under 25 (male & female). However, Army players emerged as champions with 21-13, 17-23 and 17-15 scores against their rivals winning the championship under 25 categories.







12TH DEFENCE SERVICES GAMES

SWIMMING





Sri Lanka Army swimmers competing in the 12th Defence Services Games (DSG) Swimming Championship - 2023 bagged 18 Gold medals out of 19 events, emerging as champions (Men's category), displaying excellent athletic prowess and sportsmanship. Similarly, Army women swimmers won 4 Gold medals, 1 Silver and 6 Bronze medals and emerged as the 2nd runner-up in the finals. Accordingly, both men and women swimmers of the Army clinched 22 Gold medals in the competition. The 12th Defence Services Games (DSG) Swimming Championship – 2023 was held on 5 and 6 June 2023 at Navy swimming pool complex in Welisara.

BADMINTON



Army male and female badminton players become champions and runners- up in

- Open Single Men's Championship and Runners-up,
- Open Double Men's Championship and Runners-up,
- Open Single Women's Championship and Runners-up,
- Open Double Women's Championship and Runners-up,
- Age Category Over 30 years Men Championship and Runners-up,
- Age Category Over 40 years Men Championship and Runners-up
- Age Category Over 50 years Men Championship and Runners-up

showcasing their exceptional sports skills and performances during the Defence Services' Badminton tournament. The event was held from 29 to 31 May 2023 at the Sri Lanka Air Force (SLAF) indoor stadium in Colombo.



ROAD RACE

Staff Sergeant R M S Pushpakumara of Sri Lanka Artillery secured Gold Medal and Corporal Sanmugeshwaran K of Sri Lanka Artillery secured the Silver Medal at Men's Category while Private Herath H M W G W M of Sri Lanka Army Women's Corps won the Gold Medal and Private Herath H M C S of Sri Lanka Army General Service Corps earned the Bronze Medal at the 'Road Race' marathon event in the 12th Defence Services Games (DSG) showcasing the exceptional sportsmanship skills on 24 June 2023.

RACE WALKING

Army athletes displaying extraordinary performances clinched all the medals of the 'Race Walking' event of 12th Defence Services Games (DSG) on 24 June 2023. More than 60 Tri-Service athletes vied in the event, which was held at the Sri Lanka Air Force Base, Katunayake. Accordingly, Army athletes won 02 Gold, 02 Silver and 01 Bronze medal in 20 km walk event.

Private Fernando P H S L (Gajaba Regiment) won the gold medal, Lance Corporal H M S R Herath of Sri Lanka Army Service Corps won silver medal and Private Sampath R D S K of Sri Lanka Signal Corps won bronze medal under Men's category while Lance Corporal Madirika U V K of Sri Lanka Army Women's Corps won gold medal and Recruit Gayani P B of Sri Lanka Army Women's Corps won silver medal under women's category.



VIR CHAMPIONS IN INTER REGIMENT NOVICES' BOXING TOURNAMENT





Vijayabahu Infantry Regiment (VIR) clinched the championship of the tournament securing 5 Gold, 1 Silver and 2 Bronze medals pushing the Sri Lanka Army Service Corps (SLASC) to be the runners-up with 3 Gold, 1 Silver and 1 Bronze medal at the Army Inter Regiment Novices' Boxing Tournament. The event took place at the Army Physical Training School, Panagoda from 30 May to 2 June 2023 with the participation of 11 Male teams and 2 Female teams showcasing exceptional sports skills. The Sri Lanka Sinha Regiment (SLSR) earned the 3rd place achieving 2 Gold, 3 Silver and 3 Bronze medals. Meanwhile, Mechanized Infantry Regiment (MIR) and the Sri Lanka Electrical and Mechanical Engineers (SLEME) secured 4th and 5th places respectively during the event.





64 INFANTRY DIVISION HOLDS A VOLLEYBALL TOURNAMENT

The grand finale of the volleyball tournament, organised among Civil Sports Clubs in areas, served by 64 Infantry Division troops, was held as a night event around 1900 hours at Muthiyankaddu Barathi Sports Grounds on 29 June 2023. After defeating 08 Volleyball Sports Clubs, the Oddusudan Eeshwaran Volleyball Sports Club after a close tussle grabbed the trophy while the Muthiyankaddukulam Volleyball Sports Club became the runner-up in the finals. Winners, runners-up and all players received their relevant trophies, cash awards and certificates of participation from the Chief Guest in the event.

INTER CLUB FOOTBALL TOURNAMENT-MULLAITIVU





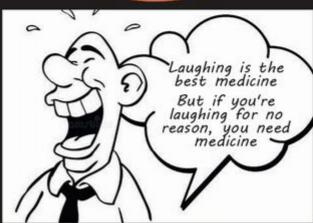
The 68 Infantry Division organised the 'Inter Club Football Tournament' with the intention of promoting goodwill and reconciliation between the Security Forces and the general public of Puthukkudiyiruppu at St. Anthony's Ground on 27 May 2023 with the participation of 12 local sports clubs.





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SUDOKU PUZZLE 1

QUESTION

How to Play

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

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

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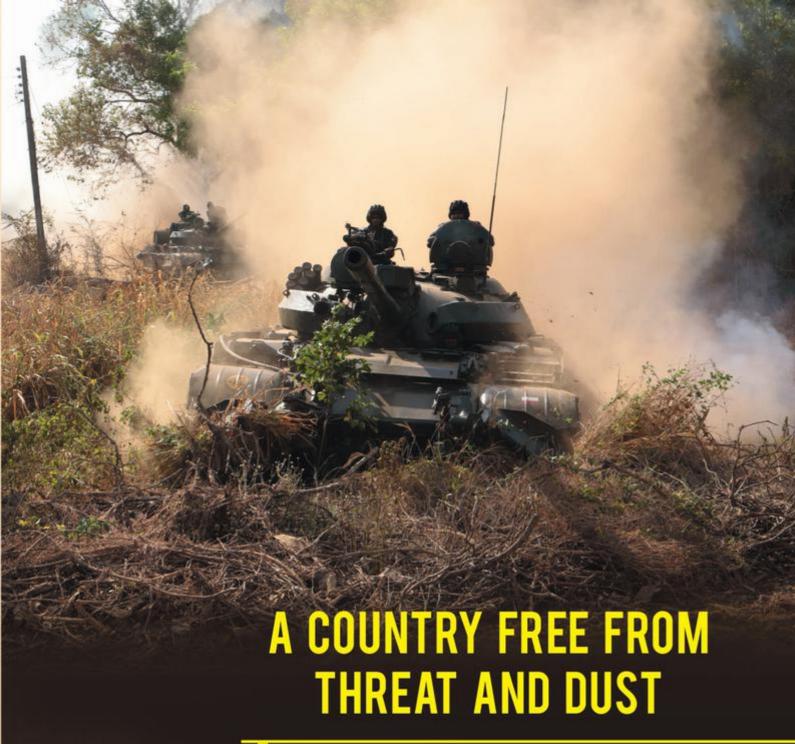
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There was no shade in the places where there was sand and dust. The war doesn't exist in clean lands. War Heroes shed their blood in such places where the ground burns. However, it is not easy to protect the country bearing the pain of the scorching sun and rough nature. Only War Heroes have that bravery to work in such situations.

