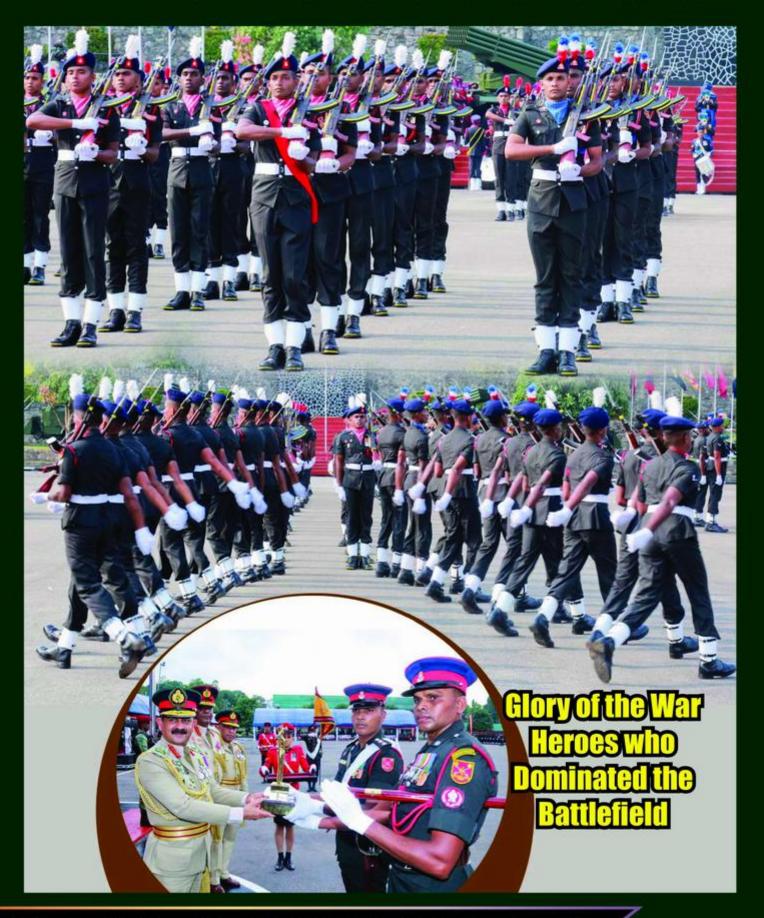


E E L A TUWA





State Minister of Defence addressed the troops at Army Headquarters









Honourable Premitha Bandara Tennakoon (MP), State Minister of Defence, together with Mr. Sagala Ratnayaka Chief of Staff and Senior Advisor to the President on National Security visited the Army Headquarters on 21 March 2023.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army warmly welcomed the Minister and Chief of Staff of the President. Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Adjutant General of the Army delivered the introductory speech.

Then, State Minister of Defence addressed the troops and thanked all Army personnel for their dedicated services, irrespective of day and night, and spoke high of their disciplinary standards. He further assured welfare facilities for them all, and explained future prospects, measures in relation to the career progression. Subsequently, the Chief of Staff and Senior Advisor to the President shared a couple of views. Before the departure, momentoes were exchanged between either parties.

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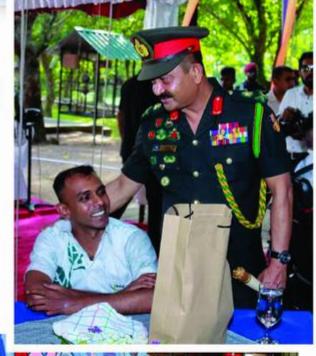


State Minister and President's Chief of Staff visited Mihindu Seth Medura

Honourable Premitha Bandara Tennakoon State Minister of Defence, Mr. Sagala Ratnayaka Chief of Staff and Senior Advisor to the President on National Security jointly made a visit to the Mihindu Seth Medura (MSM) in Attidiya, the wellness resort for permanently-wounded War Heroes on 24 March 2023 and inquired into their well-being.

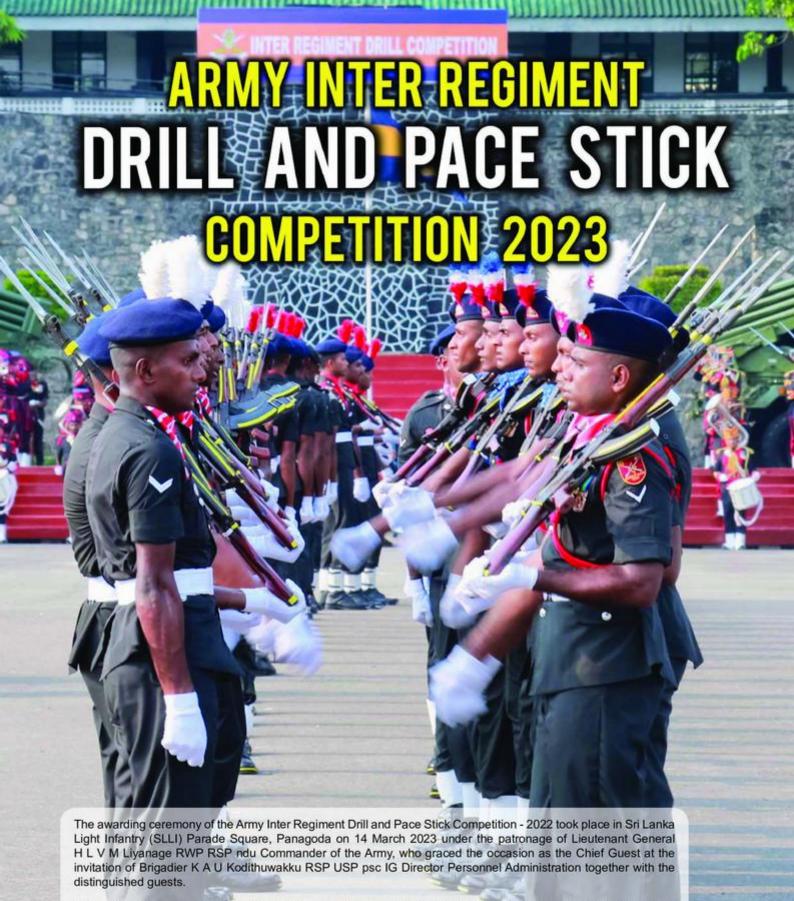
Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, General Shavendra Silva WWV RWP RSP VSV USP ndc psc Mphil Chief of Defence Staff and Brigadier T S Balasooriya Commandant, Mihindu Seth Medura (MSM) in Attidiya warmly welcomed the guests offering a hearty welcome following a formal military Guard Turnout at the entrance to the Mihindu Seth Medura.

The visitors interacted with 28 injured War Heroes and inquired of rehabilitation progress. After sharing few thoughts, the guests, distributed special gift parcels to those veterans who were handicapped in Humanitarian Operations before May 2009.





3



The colourful drill and band squads representing different regiments and the soothing melodies added grandeur and pride to the occasion. After a short while, Army personnel exhibited their amazing skills in drills in the presence of the spectators.

The Inter Regiment Drill and Band Display and the Pace Stick competition testifies the high standards of discipline of the members of the Sri Lanka Army, and recognised as one of the most attractive and multi-coloured events in the organisation.





A large group of excited students from 21 island-wide schools who have been invited for the first time to the Army Cantonment had a rare chance to witnesses the mammoth event.

Major General C D Weerasuriya RWP RSP ndu Chief of Staff, Major General D S Senarath Yapa RWP RSP ndu Deputy Chief of Staff, Major General W A S S Wanasinghe RSP VSV USP ndu Commandant, Sri Lanka Army Volunteer Force, Senior Officers, Officers, Other Ranks and invitees witnessed the colourful occasion. Sri Lanka Light Infantry won the the first place during the event pushing Sri Lanka National Guard to the second place and Gemunu Watch to the third place under the 'Best Drill Team - Men's category'.

After the spectacle, Commander of the Army was invited to award trophies and prizes to the winners in the competition. Sri Lanka Corps of Military Police earned the first place and Sri Lanka Army Women's Corps earned the second place at the Best Drill Team - Women's Category.

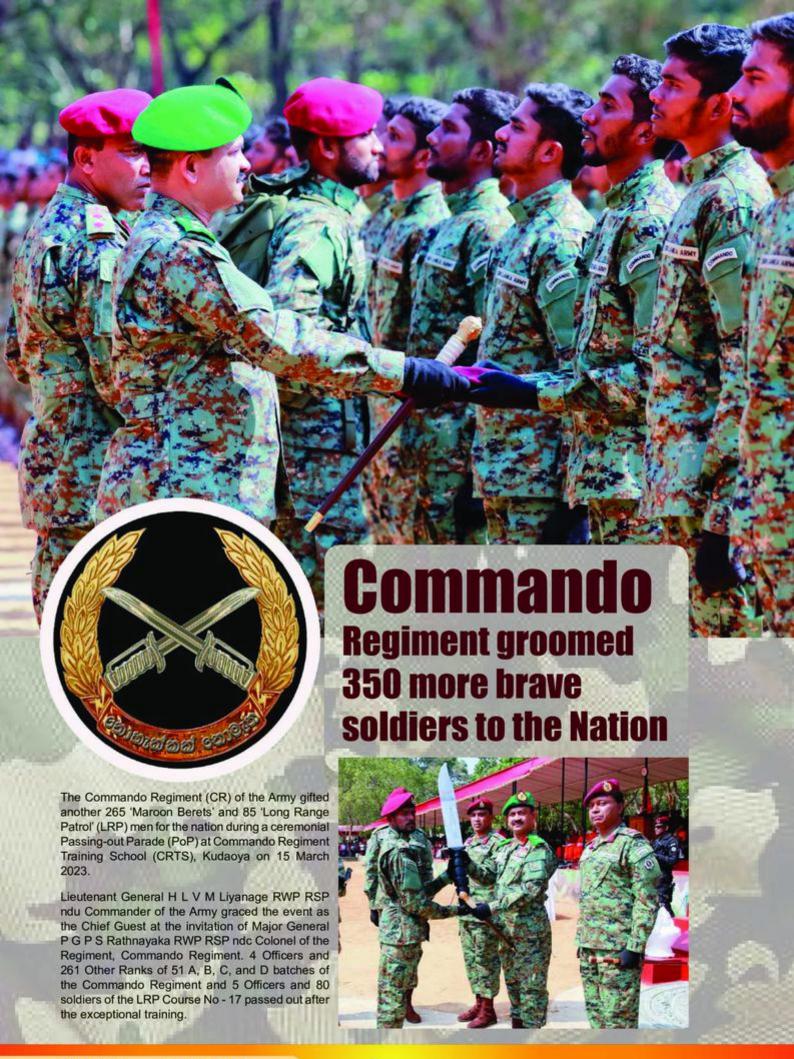


Captain A H T W P Hewage of Sri Lanka Light Infantry won the first place and Captain M A L P M Muthuarachchi of Gemunu Watch won the second place and Captain W M H S B Weerakoon Sri Lanka National Guard earned the third place under 'The Best Commander - Men's category' while Captain D H D Weerasekara of Sri Lanka Army Women's Corps won the first place pushing Lieutenant D R H Dangampola to the second place under the 'Best Commander - Women's category'.

Sri Lanka National Guard won the first place, pushing the Gemunu Watch to the second place and Sri Lanka Engineers Corps to third place in the 'Best Pace Stick Team category'.

Warrant Officer II T P S K Perera of Gemunu Watch won the first place in the 'Best Drill Instructor category' pushing Warrant Officer II L B Jayakodi of Sri Lanka National Guard to the second place and Warrant Officer II G P G N Karunarathna of Sri Lanka Engineers to the third place under the 'Best Drill Instructor category'.







Commander of the Army addressed the island-wide Commanding Officers



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army addressed the Commanding Officers of the Army on 10 March 2023 with the objective of updating and reminding Commanding Officers of the Army of their professional commitments, duty, role and the conduct.

During the address, Commander of the Army instructed the Commanding Officers to ensure the maintenance of highest standards of discipline of their men while adjusting to the present social challenges that the current operational environment has presented. Further, he emphasised the importance of multiple welfare projects implemented aiming the benefit of all ranks. In addition, he reminded the gathering the need to support democratic process of the country while protecting its Constitution and the state, and appealed all to support maintain the peace and harmony in the country.

Senior Officers including Chief of Staff, Deputy Chief of Staff, Commandant Sri Lanka Army Volunteer Force and Officers were associated with the occasion.

Commander of the Army addressed the Security Force (West) troops in Panagoda

8





Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army addressed troops, attached to the Security Force Headquarters (West) and its under command establishments, including Regimental Centres on 14 March 2023 amid the representative gathering of Army personnel at the Army gymnasium premises in Panagoda.

During the address, Army Commander, highlighted the importance of maintaining the highest standards of discipline and educated them on the challenges that the current operational environment has presented, highlighting the importance of the efficiency of the Army. Also, the Commander of the Army advised to maintain the maximum operational readiness through training, planning and forecasting. Further, he emphasised the importance of assisting the democratic process of the country while protecting its Constitution and the State. Chief of Staff, Deputy Chief of Staff, Commandant, Sri Lanka Army Volunteer Force, Officers, and Other Ranks participated in the occasion.



The 14th contingent of the Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL) presented a ceremonial salute to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 28 February 2022 at the Sri Lanka Artillery (SLA) Regimental Headquarters parade ground in Panagoda offering him Guard Turnout at the entrance.

Commander of the Army graced the event as the Chief Guest at the invitation of Major General W A S S Wanasinghe RSP VSV USP ndu Commandant, Sri Lanka Army Volunteer Force and handed over the National flag, the United Nations flag, the Army flag and the Sri Lanka Artillery flag to the UNIFIL-bound SLFPC Contingent Commander as part of the formalities, denoting their preparations for the mission has successfully completed and ready to undertake responsibilities adding symbolic importance to the Sri Lanka Army's UN assignment.

9

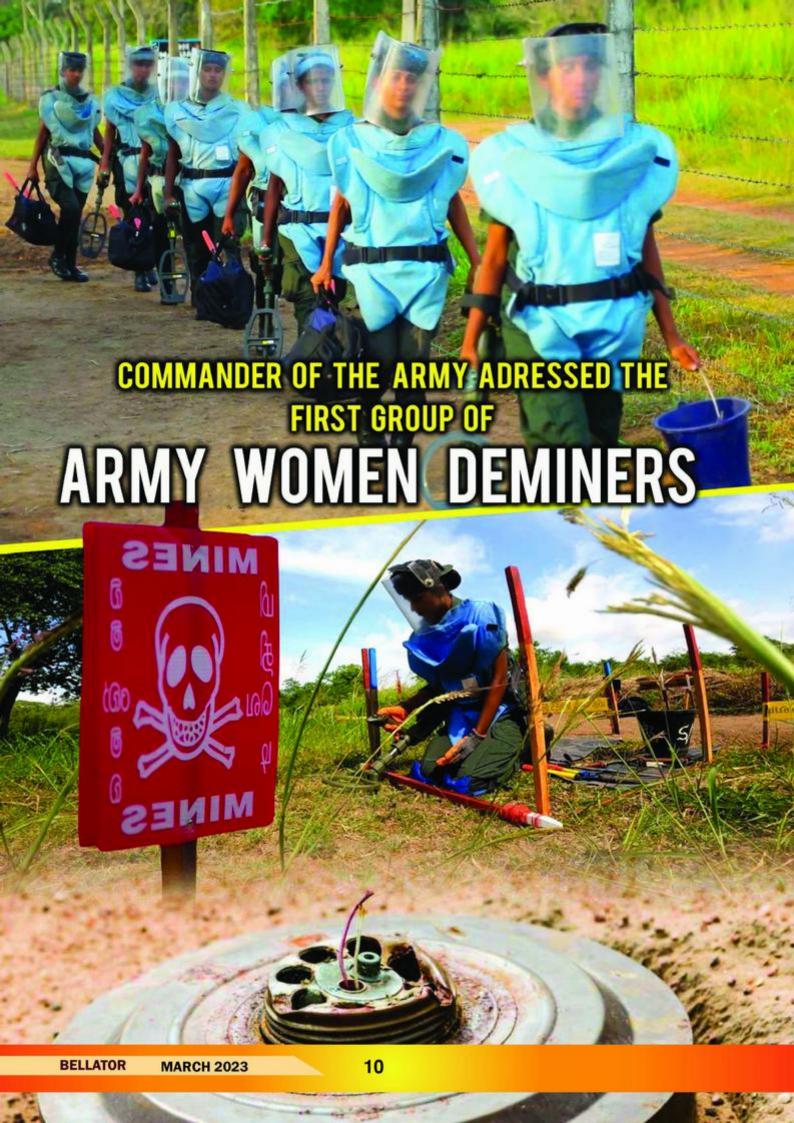




14th SLFPC peacekeepers left for UN assignment in **Lebanon**

before departure to Lebanon

The 14th contingent of the Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force In Lebanon (UNIFIL) commanded by Lieutenant Colonel D P I T Kaluaggala and 2nd in Command, Major W M C K Wanninayake and composed of 125 Army personnel, including 10 Officers and 115 Other Ranks and four sniffer dogs, 'Frank' - (German Shepherd), 'Jupiter' (Golden Retriever), 'Tiger' (German Shepherd) and 'Leena' (German Shepherd) who had been well-trained for detection of narcotics, explosives and mines left for Lebanon on 2 March 2023. Major General P P A Perera Hdmc psc Director General Overseas Operations with few more Senior Officers was at the airport to extend best wishes to the 14th contingent of the Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force In Lebanon on behalf of the Commander of the Army.





The first batch of women deminers of the Army who have completed the internationally-acclaimed Humanitarian Demining Course of high standards met Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 22 March 2023 at the Army Headquarters.

A group of 3 Lady Officers and 51 female Other Ranks underwent the Demining Course for women soldiers which began in December 2021 under two batches at both Engineers' Brigade Headquarters in Boo Oya and 10 Field Engineers Headquarters in Mailaddy, Jaffna accordingly received their insignia from Commander of the Army during the brief occasion.



Extending his best wishes to those women soldiers, Commander of the Army commended their sustained courage for completion of the Humanitarian Demining Course in keeping with scheduled time frame, and congratulated them for undertaking such a challenge with determination and fearlessness. 03 Lady Officers and 51 Other Ranks who had graduated in the Demining Course for women deminers are currently performing demining roles at the demining site in Maillady, Jaffna alongside their male counterparts in order to gain and refresh continued demining experiences and knowledge for future UN Peacekeeping Missions.

Major General U D Wijesekara RWP RSP USP rcds psc Colonel Commandant of the Sri Lanka Army Women's Corps and Commander, Security Forces Headquarters (Mullaittivu), Major General M K Jayawardena RSP USP ndu Chief Field Engineer and Colonel Commandant, Sri Lanka Engineers and Major General A H LG Amarapala RWP RSP ndc psc General Officer Commanding of the Engineer Division were present at the ceremony.





ANNUAL GENERAL MEETING (AGM) OF 'KETERIANS' HELD AT 'APE GAMA'

The Annual General Meeting (AGM) of the Gajaba Regiment (GR) Veterans' Association was held with the participation of a gathering of former 'Keterians' who made the Regiment proud and admiring during their tenures with their capacities. General G D H K Gunarathne WWV RWP RSP USP ndc psc MPhil (Rtd) Secretary to the Ministry of Defence attended the occasion as a distinguished guest, together with General Shavendra Silva WWV RWP VSV USP ndc psc MPhill Chief of Defence Staff, and Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 26 March 2023 at Battaramulla 'Ape Gama' premises.

The meeting focused on welfare projects that are implemented for the benefit of veterans and several others. Also, a one of the senior members in the Association donated a financial contribution to the association. More than 300 Gajaba Regiment veterans, including Senior Retired Officers, Senior Officers, and Other Ranks participated in the Annual General Meeting.



COMMANDER OF THE ARMY LAUDED THE DEDICATED SERVICE OF DRILL INSTRUCTORS



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army awarded the appreciative certificates ("Yudahamudapathi Pranama Sahathika") to 16 Drill Instructors (DIs) after inviting them to the Army Headquarters on 8 March 2023 in recognition and appreciation of dedicated service rendered by them.

A group of 15 Senior Non Commissioned Officers of Army, Navy and a Non Commissioned Officer of the Air Force who have done a splendid service as Drill Instructors (DIs), training and preparing the members of National Cadet Corps for their Presidential and Corps Colours Awarding Ceremony, received the appreciative certificates. In addition, 1 Army driver of the 22 Infantry Division who has maintained an unblemished service record since his recruitment in the Army was also lauded awarding a certificate at the same occasion.

Major General M G W W M M C B Wickramasinghe RWP RSP ndu psc Adjutant General, Brigadier G S Fonseka USP psc Director National Cadet Corps and Brigadier K A U Kodithuwakku RSP USP psc IG Director, Directorate of Personnel Administration were associated with the occasion.

13



Directorate of Agriculture and Livestock moved to a new location

The new office building complex established for the Directorate of Agriculture and Livestock of the Army was formally warmed during a simple ceremony at Army Cantonment, Panagoda on 14 March 2023.

Brigadier A K Rajapaksa RSP Director, Directorate of Agriculture and Livestock warmly welcomed the distinguished guests for the new office complex, together with Officers of the Directorate. Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army graced the event as the Chief Guest, together with Major General C D Weerasuriya RWP RSP ndu Chief of Staff.

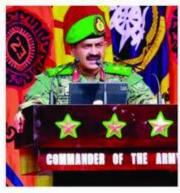
After unveiling the plaque amidst 'Seth Pirith' chanting, they also inquired on the different administrative functions significantly on the aspects of agricultural projects, spearheaded by Army personnel. At the culmination of the event, Director, Directorate of Agriculture and Livestock awarded a special memento to the Commander of the Army appreciating the guidance given for the progression of the Directorate of Agriculture and Livestock.



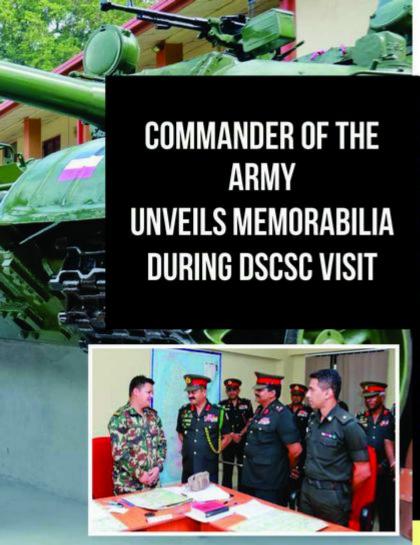
Commander of the Army visited Security Force Headquarters (East)



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army in order to meet the troops serving the Eastern region paid a formal visit to the Security Force Headquarters (East) at the invitation of Major General S R K Hettiarachchi RWP RSP USP ndu psc Commander of the Security Force (East) on 30 March 2023.







Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army visited Defence Service Command and Staff College (DSCSC) at the invitation of the Commandant, Defence Service Command and Staff College (DSCSC) on 23 March 2023. Commander of the Army unveiled an unserviceable T-55 Main Battle Tank (MBT) and an unserviceable 130 mm Gun which have been of ornamental and memorable value to the DSCSC compound. Further, he uncovered separate plaques and declared those memorabilia in the compound open to the Student Officers. The unserviceable T-55 MBT was extensively used in combat during 'Sathjaya' and 'Jayasikurui' Operations in 1996 and 1997 for the campaign against LTTE terrorism before it was classified unserviceable. The unserviceable 130 mm Gun was used in the North and East during counter terrorist operations before May 2009.

Subsequently, Commander of the Army was invited to have a close look at Student Officers' syndicate rooms, accommodations of local and foreign undergraduates, examination halls, mess halls and other facilities. Major General B K G M L Rodrigo RSP psc IG Commandant, Defence Service Command and Staff College also presented a special appreciative memento to Commander of the Army as a token of memory of his visit to the premises.

VICE CHANCELLOR AND STAFF OF UNIVERSTIY OF MORATUWA MET COMMANDER OF THE ARMY





With the objective of boosting and exploring expertise consultations for further advancement of technical aspects, research and development of the Sri Lanka Army that could go forward hand in hand with fast changing world-wide technologies, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army invited Professor N D Gunawardena Vice-Chancellor at University of Moratuwa and a team of academic experts and scholars to the Army Headquarters on 22 March 2023 for a cordial discussion. The discussion, was attended by Major General K A W S Ratnayake ndu Chief Signal Officer, Major General G W A Seneviratne USP psc Director General Research Concept and Doctrine, Brigadier G L S W Liyanage USP psc Director Information Technology, Brigadier H C L Galappaththi RSP USP Director, Research Analysis Proposals and Development Branch, Brigadier S P Malawarage RSP USP IG Commander, Artillery Brigade, Commanding Officers of 15 Sri Lanka Artillery, 10 Sri Lanka Signal Corps and 12 Sri Lanka Signal Corps. Professor K T M U Hemapala Dean, Faculty of Engineering, Dr Ranga Rodrigo Head, Department of Electronic and Telecommunication Engineering, Professor S R Munasinghe, Department of Electronic and Telecommunication Engineering, Professor Himan Punchihewa, Department of Mechanical Engineering represented the University team.

15

COMMANDER OF THE ARMY LAUNCHED FIRST TRILINGUAL E-PAPER





The Directorate of Media launched its first trilingual E-news bulletin, 'Yuda Hamuda Desathiya' edition at the Army Headquarters during a brief ceremony, headed by Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 1 March 2023.

The fortnight bulletin is published in Sinhala, Tamil and English language and transmitted to all ground troops through respective Commanding Officers located in island-wide formations to available on mobile phones of all serving and retired members of the Army.

Brigadier I H M R K Herath USP ndc psc Director of Media and the Army Spokesman gave a brief introduction about the new portal to the Commander of the Army before the inauguration of the E-paper of the Sri Lanka Army. The Sri Lanka Army, has presently been maintaining Army website (www.army.lk), Facebook (Defenders of the Nation), Twitter, Instagram and Youtube platforms.

Major General C D Weerasuriya RWP RSP ndu Chief of Staff, Major General D G S Senarath Yapa RWP RSP ndu Deputy Chief of Staff, Major General S U M N Manage RWP RSP psc Director General General Staff, Principal Staff Officers, Mr. Sisira Wijesinghe Media Advisor, Colonel A K D Adikari USP Colonel Media, Lieutenant Colonel W R M R Wickramasinghe USP General Staff Officer I (Web & Internet), and several Senior Officers were present at the occasion.



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Commander of the Army appreciated the dedicated service of outgoing Director of NDC





Major General K A D Amal Karunasekara (Rtd) RWP RSP VSV USP ndu psc former Commandant of the National Defence College (NDC), Colombo-3 paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 17 March 2023 at the Army Headquarters.

During the cordial interaction, Commander of the Army highly appreciated the unblemished service of Major General K A D Amal Karunasekara (Rtd) RWP RSP VSV USP ndu psc former Commandant of the National Defence College.

Commander of the Army participated in the APCSS get-together

A gathering of former graduates of the Asia Pacific Centre for Security Studies (APCSS) in Hawaii held a discussion at the Sri Lanka Air Force Base, Ratmalana on 27 February 2023 with the participation of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army- a graduate of Asia Pacific Centre for Security Studies Centre. Her Excellency Julie Chung, US Ambassador to Sri Lanka graced the event as the Chief Guest.

During the formal get-together, all alumni and alumina discussed future prospects of the APCSS and its objectives of 'Educating, Connecting and Empowering' as an essential partner in strengthening regional security and fostering strategic dimensions. It has been playing a significant role in bringing people from diverse backgrounds to forge a unique perspective with synergy and vision, enabling leaders of the present and future to face the ever-evolving threats and challenges.



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Air Marshal Sudarshana Pathirana the Commander of the Air Force, Admiral Peter Gumataotao (Rtd) Director APCSS, Rear Representative from APCSS including Professor Shyam Tekwani, Lieutenant Colonel Anthony Nelson and other officials of the US Embassy, members of the alumni both in the services and other public institutions participated in the get-together.

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Maiden copy of VIR 'Coffee Table' book presented to Commander of the Army

The maiden edition of the 'Coffee Table' book, published by the Vijayabahu Infantry Regiment (VIR) was presented to Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army by Major General S U M N Manage WWV RWP RSP psc Colonel of the Regiment, Vijayabahu Infantry Regiment, Director General General Staff and Commander - 1 Corps on 21 March 2023 at the Commanders' Office, Army Headquarters.

The pictorial product documents the legacy of the Regiment's life-span, evolution, infrastructure growth, battlefield achievements of unmatched nature, bravery and gallantry of War Heroes including the unparalleled contribution of deceased War Heroes of Vijayabahu Infantry Regiment. The book, authored by Brigadier P S S Sanjeewa RSP psc of the Vijayabahu Infantry Regiment, together with an editorial team under the guidance and supervision of Major General S U M N Manage WWV RWP RSP psc Colonel of the Regiment, Vijayabahu Infantry Regiment, Director General General Staff



and Commander - 1 Corps. Brigadier P S S Sanjeewa RSP psc Commander Air Mobile Brigade and Brigadier M A D J D Gunathilake RSP USP Centre Commandant, Regimental Centre, Vijayabahu Infantry Regiment were also present during the presentation.

COMMANDER OF THE ARMY INSPECTED THE FOOD SECURITY PROJECTS IN SFHQ (EAST)

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army during his visit to Security Force Headquarters (East) also visited Army Farm in Galkanda and inspected the egg production process, being carried out under the supervision of the 3 (V) Sri Lanka Army Corps of Agriculture and Livestock (SLACAL) on 30 March 2023. Then he extended his visit to Kandakadu Army Farm where multiple projects, inclusive of the combat ration pack production, dairy products, milk processing unit, cattle farm, etc are managed.

Before the departure from the premises, Commander of the Army, attended the special prize-giving ceremony for the award of cash prizes for Best-managed Army Farms and Best Army personnel in the Agriculture Sector. The event was organised by the Directorate of Agriculture and Livestock. Army Farm -Adiya Puliyankulam was awarded as the Best Farm securing the first place pushing Army Farm - Manik Farm, and Galkanda for the second and third places. Captain W A V P Vijalath of the Army Farm in Galkanda was awarded as the Best Officer Commanding under the competition while Warrant Officer II R M M Buddika Kumara of the Army Farm at Adiya Puliyankulam was awarded as the Best Senior Non Commissioned Officer.





Members of MINUSMA team met Commander of the Army

A high-level UN Assessment and Advisory Visit (AAV) team called on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters in Sri Jayawardenepura on 21 March 2023. The team expected to ensure the quality and standards of all technical Combat Convoy Equipment (CCE) and evaluated the Operational Readiness Preparations of the additional 'Combat Convoy Company B-1' (CCC) contingent, designed for deployment shortly in the United Nations Multidimensional Integrated Stabilization Mission in Mali (MINUSMA)

The UN delegation comprised Mr. James Victor De Rcole Colonel Lawrence Kapina, Lieutenant Colonel Rajeev, Mr. Mark Flood and Mr. Satvinder Singh Paul, scheduled



to inspect self-sustain equipment, combat vehicles and accessories, demining devices, explosive ordnance devices, logistic and medical equipment, military hardware, barrack items and witnessed the mock demonstrations during their visit to the 1 Sri Lanka Army Ordnance Corps, Engineer Division, School of Military Engineering at Embilipitiya, Sri Lanka Electrical and Mechanical Engineers' Base Workshop at Udawalawa and the Institute of Peacekeeping Support Operations Training Sri Lanka.

The proposed additional 'Combat Convoy Company B- 1' is composed of 22 Officers and 221 Other Ranks and expects to bring back US \$ 9 million annually to the country's national economy. At present, 20 Officers and 223 Other Ranks of the 4th Combat Convoy Company (CCC) are serving the MINUSMA.

COMMANDER OF THE ARMY VISITED 22 INFANTRY DIVISION HEADQUARTERS

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Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army during his visit to Security Force Headquarters (East) also paid a visit to 22 Infantry Division Headquarters in Trincomalee on 31 March 2023. Major General S B Amunugama RWP RSP ndu General Officer Commanding of the 22 Infantry Division together with his troops of 22 Infantry Division Headquarters warmly welcomed their incumbent presenting a Guard Turnout, on arrival at the entrance to the 22 Infantry Division.

The Commander of the Army addressed all Officers and Other Ranks under command to the 22 Infantry Division during his visit highlighting the importance of maintaining dignity of professionalism, discipline and effective performance of duties through reconciliation and harmony in close cooperation with local civilians of all ethnicities. He also appealed to them to continue their noble service without being duped by various anti-social elements and other interested elements. Towards the culmination of the address, Major General S B Amunugama RWP RSP ndu General Officer Commanding, 22 Infantry Division presented a memento to the Commander of the Army and invited him to plant a sapling in the premises. Major General S R K Hettiarachchi RWP RSP USP ndu psc Commander, Security Force (East) and several Senior Officers serving the East also joined the occasion.





ITALIAN AMBASSADOR PAID COURTESIES TO COMMANDER OF THE ARMY



The Ambassador of Italy to Sri Lanka, HE Rita Giuliana Mannella paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 16 March 2023.

The cordial meeting touched on general matters of mutual interest and gestures of cooperation and understanding that prevail between both nations and explored possibilities for further improvement of those relations. At the end of the cordial interaction, a memento presented to the Ambassador of Italy to Sri Lanka while appreciating the best wishes to her diplomatic endeavours.

Commander of the Army appreciated outgoing CDRD Director General

Major General K R P Rowel (Rtd) RWP VSV USP USACGSC the Director of Centre for Defence Research and Development (CDRD) paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 14 March 2023 at the Army Headquarters.

During interactions, Commander of the Army thanked Director of Centre for Defence Research and Development (CDRD) for rendering a commendable service to the Army including the sophisticated devices and innovations produced for the best interest of the country. Both of them during the friendly meeting recalled past memories and challenged that had to be faced in the field of IT and signal before May 2009.



Director General of Coast Guard met Commander of the Army



Rear Admiral Pujitha Vithana USP ndu Director General of the Sri Lanka Coast Guard (SLCG) paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army on 9 March 2023. During cordial interactions, the visiting Senior Navy Officer briefed the Commander of the Army on how the Sri Lanka Coast Guard performs its duties to ensure the security, safety and serenity of the maritime environment whilst enforcing the law at sea as an agency, committed towards the sustainable management and development of maritime resources.

Commander of the Army during exchange of views, underlined the importance of collaborative effort to share information, training of joint operations to prevent illicit activities in coastal areas. The brief formal discussion between Commander of the Army and the Director General of the Sri Lanka Coast Guard culminated with exchange of mementos.

Sri Lanka Coast Guard functions under the Ministry of Defence. It is a law enforcement agency at sea and SLCG has been empowered with legal authority to search and arrest ships, craft and personnel engaged in illegal activities in maritime zones of Sri Lanka.

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Alma mater felicitated Chief of Staff



Together with its Old Boys' Association, Principal, former principals and teachers in Mahanama College, Colpetty organised a fitting ceremony to felicitate one of its most distinguished old boys, Major General C D Weerasuriya RWP RSP ndu Chief of Staff of the Sri Lanka Army, Major General T S Salley RWP RSP USP ndc psc Director General State Intelligence Service, Rear Admiral Jayantha Kularathna, Chief of Staff of the Sri Lanka Navy and Rear Admiral Chandana Rathnayaka Director, Logistics in the Navy on 2 March 2023.

Major General C D Weerasuriya RWP RSP ndu Chief of Staff of the Sri Lanka Army during his speech expressed his deep gratitude to the organisers and refreshed his golden memories during College days in his reputed alma-mater. He also paid a glowing tribute to the memory of his mentors and teachers, both still alive and dead and cited a couple of noteworthy instances during his childhood at College which he claimed as fond and immortal memories. Principal, teachers, students and members of Old Boys' Association, in Mahanama College, participated in the event.

SLLI COLONEL OF THE REGIMENT VISITED UNDER COMMAND BATTALIONS

Major General C D Weerasuriya RWP RSP ndu Chief of Staff of the Sri Lanka Army and Colonel of the Regiment, Sri Lanka Light Infantry (SLLI) visited 3rd Battalion,7th Battalion,9th (Volunteer) Battalion,10th Battalion,11th Battalion, 16th (Volunteer) Battalion,17th (Volunteer) Battalion and 20th Battalion of Sri Lanka Light Infantry on 6 and 11 March 2023 with the intention of finding out administrative and logistic needs of those troops, deployed in Pettah and Meethotamulla for security duties.





Chief of Staff of the Sri Lanka Army meeting Officers during the visit to 3rd Battalion and Security Force (Jaffna)

21

6 SLLI Camp received a water purification plant

Major General C D Weerasuriya RWP RSP ndu Chief of Staff and Colonel of the Regiment Sri Lanka Light Infantry (SLLI) Regiment inaugurated the newly-installed water purification plant inside the 6 Sri Lanka Light Infantry Regiment camp in Mihintale, Anuradhapura on 6 March 2023. Several Senior Officers, Officers and Other Ranks participated in the event.



SLAVF PAID TRIBUTE TO THE SOLDIER FOR HIS EXEMPLARY DEED





Appreciative of the honesty, morality and loyalty shown by Lance Corporal Deerasinghe R K D S of 5 (V) Gajaba Regiment (GR) who promptly returned a sum of Rs. 70,400.00 in cash, left behind in the ATM machine of the People's Bank in Horowpothana to the owner on 11 January 2023, Major General W A S S Wanasinghe RSP VSV USP ndu Commandant Sri Lanka Army Volunteer Force Headquarters (SLAVF), lauded his act by promoting him to the next rank and presented an appreciative certificate on 8 March 2023. The occasion was attended by Principal Staff Officer, Brigadier Administration, Commanding Officer of 5 (V) Gajaba Regiment, several Senior Officers and Officers.

Sri Lanka Army Volunteer Force Headquarters awarded Virudaru Pranama Scholarships





Strengthening and encouraging the best academic excellence exhibited at General Educational Certificates (Advanced Level) in 2019 and 2022 years by the children of members in Sri Lanka Army Volunteer Force and civil staff were awarded financial grants during a ceremony, held on 23 March 2023 at the Multi-Functional Hall, Sri Lanka Army Volunteer Force Headquarters. The ceremony was graced by Major General W A S S Wanasinghe RSP VSV USP ndu the Commandant of the Sri Lanka Army Volunteer Force who graced the event as the Chief Guest.



The financial generosity for the task was extended by Sri Lanka Insurance Corporation. Around Rs. 3.2 million was distributed among 46 students who were qualified for the university education at the G.C.E (A/L) Examination in the years 2019 and 2020.

Major General M T K R Silva KSP Deputy Commandant of the Sri Lanka Army Volunteer Force, together with Senior Officers and a large gathering including Senior Officers of the Sri Lanka Army, Mr. Aloka Jayawardhana - Chief Executive Officer of Information Technology, Mr. Ravi Medis - Senior Manager, Mr. Romendra Fernando – Assistant Manager (Chief Accountant) of the Sri Lanka Insurance Corporation, invitees and parents of the beneficiaries participated in the event.

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DIRECTOR GENERAL GENERAL STAFF VISITED SECURITY FORCE HEADQUARTERS (WANNI)





The Director General Staff and his staff visited Security Force Headquarters (Wanni) on 13 March 2023 to clear up matters concerning operations, training, and other essential matters that directly fall under the purview of his under-command directorates. The field commanders and staff of the Security Force Headquarters (Wanni) attended the meeting and the field visit

Commander 1 Corps visited Special Force Brigade





Major General S U M N Nishantha Manage WWV RWP RSP psc Commander 1 Corps made his maiden visit to the Headquarters Special Force Brigade on 13 March 2023. He was warmly welcomed presenting a Guard Turnout by the Commander, Special Force Brigade. Subsequently, a comprehensive briefing was conducted on the functions of Special Force Brigade. Commander 1 Corps marked his visit to Special Force Brigade by planting a sapling at the Headquarters Special Force Brigade premises. Also, Commander 1 Corps addressed the troops of the Special Force Brigade at Corporal Club premises, and attended for tea party at Officer's Mess and shared his valuable experience with Officers.

511 Infantry Brigade renovated a house

23



Following the conceptual layout of Commander, Security Force Headquarters (Jaffna), troops of the 511 Infantry Brigade vested newlyrenovated home to the deserving family of Mr. Mr. Arumugam Chandra Sekram in Keeramalai, resided in Kolankalatti Grama Niladhari Division Jaffna district on 7 March 2023. Major General D B S N Bothota RWP RSP USP Commander, Security Force Headquarters (Jaffna) graced the event as the Chief Guest. The philanthropist, Mr. Vish Nadarajh provided the financial contribution to the project. 511 Infantry Brigade troops lent their technical, manpower and engineering expertise for total repairs and re-built of the house. Senior Officers, Officers and Other Ranks participated in the house-warming ceremony.

A new house for a deserving family in Thumpalai





Troops of the 551 Infantry Brigade with the sponsorship provided by a donor and the technical expertise and manpower of troops of 551 Infantry Brigade built a new house to a deserving family living in the general area of Thumpalai, in Point Pedro on 1 March 2023. Major General D B S N Bothota RWP RSP USP Commander, Security Force Headquarters (Jaffna) graced the event as the Chief Guest and handed over the keys of the house for the owners of the new house Mrs. Antony Deenas Tharshani during a simple ceremony. In addition, Commander, Security Forces Headquarters (Jaffna) gifted the family with dry ration packs, kitchen appliances, and other household essentials.

Hearing aids for a hearing impaired person



The members of 'Sasarin Ethara' foundation donated hearing aids to the brother of S/R100680 Lance Corporal Weerakkody WPS serving at Security Force Headquarters (Wanni), who is suffering of long time hearing feasibility. The donation was come into reality under the guidance of Major General C D Ranasinghe RWP RSP Commander, Security Force Headquarters (Wanni). The generous distribution was held at the Commander's office on 28 February 2023.

SECURITY FORCE HEADQUARTERS (WANNI) MARKED ITS 25TH ANNIVERSARY





On 18 March 2023, Security Force Headquarters (Wanni) celebrated its 25th anniversary under the direction of Major General C D Ranasinghe RWP RSP Commander, Security Force Headquarters (Wanni). The 4 Gajaba Regiment honoured the Commander, Security Force Headquarters (Wanni) presenting him a Guard Turnout and a Guard of Honour, highlighting the importance of the military traditions. Subsequently, the Commander, Security Force Headquarters (Wanni) paid tribute for the fallen War Heroes before the War Heroes' Monument and planted a sandalwood sapling inside the camp as a symbol of memory. The event culminated with the customarily all rank lunch.

Commander, Security Force Headquarters (East) laid foundation stone for 'Tunnel Cave Museum'

The auspicious laying of the foundation stone for the newly constructed upper floor of Sadaham Mandir and Tunnel Cave Museum at Sri Bodhirukkarama Vihara, was held on 9 March 2023 in the middle of Prith chanting with the blessing of Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Force Headquarters (East) who graced the occasion as the Chief Guest.

Major General S A Kulathunga RSP USP psc the General Officer Commanding, 23 Infantry Division, Chief Coordinator of Civil Affairs of Security Force Headquarters (East), a large number of public officials and contributors also participated in this occasion.



COMMANDER, SECURITY FORCE HEADQUARTERS (EAST) DECLARED OPENFACILITY COMPLEX AT 233 INFANTRY BRIGADE

QMG and MGO officially visited the Security Force Headquarters (East)









Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Force Headquarters (East) declared open the newly built Facility Complex at 233 Infantry Brigade on 26 February 2023 fulfilling a long standing requirement of the troops. The modern facility complex was constructed under the supervision of Commander, 233 Infantry Brigade with technical expertise extended by the troops serving in 233 Infantry Brigade. The facility complex consist of a Mini food mart, a Cafeteria, and Saloon.

General Officer Commanding, 23 Infantry Division and Commander, 233 Infantry Brigade, Commanding Officers of 9 Sri Lanka Artillery, 6 Gajaba Regiment, and 3 (V) Corps of Agriculture and Livestock with the local community from the Vakarei area attended the opening ceremony.

25

Major General G R R P Jayawardana RWP RSP ndu Quarter Master General (QMG), and Major General W M R W W H J B Wanigasekara USP Master General Ordnance (MGO) made an official visit to Security Force Headquarters (East) on 3 March 2023. The Generals of two stars were warmly welcomed by Major General M W T C Meththananda USP ndc Commander, Forward Maintenance Area (East). During the conference, important logistic issues of under command formations of Security Force Headquarters (East) were discussed.

Quarter Master General visited under command Battalions of Sri Lanka Sinha Regiment



Major General G R R P Jayawardena RWP RSP ndu Quarter Master General conducted an official visit to the Sri Lanka Sinha Regiment battalions from 17 to 20 February 2023. Commander, 591 Infantry Brigade warmly welcomed Quarter Master General to the 591 Infantry Brigade premises.

Troops together with their Commanding Officers of the Sri Lanka Sinha Regiment battalions also welcomed the Quarter Master General with honour following the military traditions.

Marking the visit, Quarter Master General planted a sapling, and witnessed the presentation of Commanding Officers of Sri Lanka Sinha Regiment battalions, and addressed the troops. Major General U D Wijesekara RWP RSP USP Rcds psc Commander, Security Force Headquarters (Mallaittivu) visited 10 Sri Lanka Sinha Regiment and met Quarter Master General.

573 Infantry Brigade distributed school accessories among Bharathipuram students



Troops of the 573 Infantry Brigade launched a project to donate school accessories to a group of 50 needy students studying in Bharathipuram Vidyalaya in Kilinochchi on 17 March 2023 after inviting the beneficiaries to the 9 Vijayabahu Infantry Regiment Headquarters.

Troops of the 9 Vijayabahu Infantry Regiment provided their maximum support to the success of the distribution. Venerable Bukendayaye Chandarathana Thero the resident monk at Attanagalla Raja Maha Viharaya with the coordination of 'Lakdaru Yathrawa' provided necessary financial contribution to the event. Major General U D

Wijesekara RWP RSP USP Rcds psc Commander, Security Force Headquarters (Mallaittivu) graced the event as the Chief Guest.

Commander, SFH9 (Mullaittivu) visited 681 Infantry Brigade

Major General U D Wijesekara RWP RSP USP Rcds psc Commander, Security Force Headquarters (Mallaittvu) conducted a routine field visit to the 681 Infantry Brigade and its Area of Responsibility on 13 March 2023 with the intention of inspecting the well-being of the troops serving in the area.

The itinerary began with a visit to the 9 Sri Lanka National Guard camp, located in Chalai, followed by the inspection of the radar unit established at the Navy Detachment, Challai. Subsequently, he reached the 6 Gemunu Watch camp at Udayar Kattukulam and interacted with the troops stationed at different static points. Marking the culmination of the event Commander Security Force Headquarters

of the event, Commander, Security Force Headquarters (Mallaittivu) visited 681 Infantry Brigade. General Officer Commanding, 68 Infantry Division, Commander, 681 Infantry Brigade, Commanding Officers, Senior Officers, Officers and Other Ranks were associated with the event.

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BELLATOR MARCH 2023

COMMANDER, SECURITY FORCE HEADQUARTERS (WEST) INSPECTED 1 SLEME CAMP AT PANAGODA





Major General D M K D B Pussella RWP RSP Commander, Security Force Headquarters (West) visited the 1 Sri Lanka Army Electrical and Mechanical Engineers (1 SLEME) camp inside the Army Cantonment, Panagoda on 28 February 2023.

The Commander, Security Force Headquarters (West) was warmly welcomed by Major D M C M Weerakoon Commanding Officer, Sri Lanka Army Electrical and Mechanical Engineers. The Commander, Security Force Headquarters (West) also witnessed the comprehensive briefing conducted by Commanding Officer, Sri Lanka Army Electrical and Mechanical Engineers and staff Officers on its role and tasks.

After, the Commander, Security Forces Headquarters (West) had a brief discussion with the officers of the Battalion and spoke to the troops underlining the importance of discipline and performance of entrusted duties with readiness. Further, he inspected the camp compound and interacted with the Officers and Other Ranks. Officers and Other Ranks were also associated with the visit.

Commander's Challenge Trophy Volleyball Tournament -2023 began at Panagoda

27



As per the direction of Major General D M K D B Pussella RWP RSP the Commander Security Force Headquarters (West) the 'Commander's Challenge Trophy Volleyball Tournament – 2023' began on 27 March 2023 at the Sri Lanka Army Service Corps volleyball ground in Army Cantonment – Panagoda.

Major General J M R N K Jayamanna RWP General Officer Commanding, 14 Infantry Division, graced the occasion as the Chief Guest at the opening ceremony of the tournament and extended his warm wishes to all the teams.

Further, 10 teams, including the Security Force Headquarters (West), Divisions and Brigades teams, competed under two tables for supremacy of the tournament. Several Senior Officers, Officers and Other Ranks of Security Force Headquarters (West) participated in the event.

SECURITY FORCE HEADQUARTERS (CENTRAL) CELEBRATED ITS 10TH ANNIVERSARY





In line with the 10th anniversary of Security Force Headquarters (Central), a series of events took place at the Security Force Headquarters (Central) on the directions of Major General W R M M Rathnayake RWP RSP USP ndu Commander Security Force Headquarters (Central).

Initiating the celebrations, troops of Security Force Headquarters (Central) provided lunch for the children at Sirisangabo Children's Home in Bandarawela on 03 March 2023. A Bodhi Puja programme was conducted on 6 March 2023 at the Security Force Headquarters (Central) premises to invoke blessings for all serving, retired and deceased War Heroes of the Sri Lanka Army. Accordingly,



on 10 March 2023, troops organised a clean-up drive at the premises of Ayurvedic Hospital, Diyatalawa upon the supervision of the Commander Security Force (Central).

On the anniversary day, the troops of 23 Gajaba Regiment conferred the Guard Turnout and the Guard of Honour to the Commander Security Force Headquarters (Central). The events culminated with the troops address by the Commander Security Force Headquarters (Central).

Commander, Security Force Headquarters (Central) visited field formations



Major General W R M M Rathnayake RWP RSP USP ndu Commander Security Force Headquarters (Central) made a field visit to the Headquarters of 112 Infantry Brigade which is located in Badulla on 21 March 2023. Commander Security Force Headquarters (Central) planted a tree sapling in the camp premises to mark his visit, and inspected the camp site. The Commander, Security Force Headquarters (Central) also visited the Headquarters of 2 Sri Lanka Rifle Corps located in the same area. During the visit, Commander Security Force Headquarters (Central) planted a sapling in the battalion premises to mark his official visit. Commander, 112 Infantry Brigade, Senior Officers and Commanding Officers accompanied the field visit of Commander Security Force Headquarters (Central).



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643 INFANTRY BRIGADE GIFTED A HOUSE TO A NEEDY FAMILY

In order to further strengthen goodwill bonds between Army and civilians, the 643 Infantry Brigade troops offered their sponsorship for construction of a new house to Mrs. J Antonydas and her family-a desperate family, living in the general area of Muttiyankattukulam, Mullattivu. The constructions were completed within 60 days. Troops of 8 Sri Lanka Artillery of the 643 Infantry Brigade volunteered to build the house using their technical and engineering skills and necessary manpower. Major General H D W K N Iriyagama RWP RSP General Officer Commanding, 64 Infantry Division graced the event as the Chief Guest.



22 Infantry Division conducted a career guidance seminar for the youth





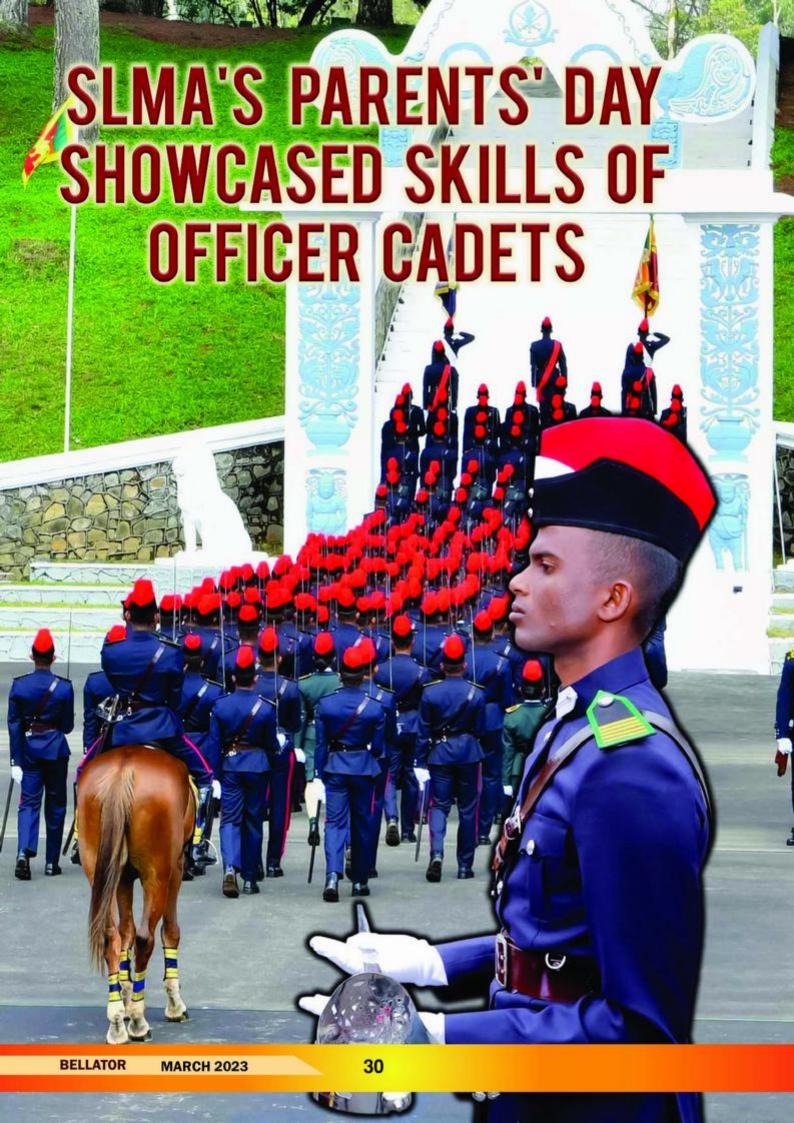
As per a concept and guidance of Major General S B Amunugama RWP RSP ndu General Officer Commanding, 22 Infantry Division, a career guidance seminar was organised by Headquarters 22 Infantry Division with the shared support of Rotaract Club Trincomalee on 11 March 2023. The intention of this seminar was to guide the youth of the area, especially for the school leavers towards well planned career destination avoiding mislead in future. The seminar was conducted by well - known professional career counselor Mrs. Chandima Rodrigo. She is a well - qualified career guidance counselor from National Career Guidance and Counseling Centre in State Ministry of Skill Development, Vocational Education, Research and innovations. Nearly 150 school leavers and prospected job seekers participated in the seminar.

Troops of 3 Gemunu Watch offered school aids to students

29



Troops of the 3 (v) Gemunu Watch of the 613 Infantry Brigade extended their helping hand to two students of low-income group families by way of providing school accessories and essentials on 10 March 2023. Officials at Laksiri Textile Pvt. Ltd, Matara offered their generous financial assistance for the incentives. Students at Horagoda Navodya Vidyalaya residing in Andadola, Horagoda, Thelijjawila received the incentives under the programme. The Commanding Officer, 3 (V) Battalion Gemunu Watch, under the guidance of the Commander, 613 Infantry Brigade and the General Officer Commanding, 61 Infantry Division delivered those educational aids, worth around Rs. 25, 000.00 to the beneficiaries.





The Parents' Day of the Sri Lanka Military Academy (SLMA), dedicated to beloved parents of SLMA-groomed senior Officer Cadets was held at the SLMA premises in order to showcase the progress of their hidden talents and trained skills and leadership attributes to their parents.

Senior Officer Cadets in the Intake 92, SC 19A, 61(V)A, Lady 18(V)A, and the Intake 92A were associated with the occasion where Major General I A N B Perera RWP USP ndu psc the Commandant SLMA joined as the Chief Guest.

The activities included a variety of displays, including a Drill Display at the Parade Ground, a Taekwondo and PT display at the Lieutenant Thilak Nissanka Memorial Indoor Gymnasium plus a conduct of a mock attack on an insurgent hide-out at the Polo Ground.

Officer Cadets demonstrated their precision, coordination and discipline by forming drills from basic to advance after Cadets marched in unison with perfect synchronisation, which was a reflection of the meticulous training conducted at the Academy. The Drill Display made their parents proud and amazed as the unity, discipline, obedience and command skills of their sons and daughters were exhibited.

The Taekwondo and PT display was another fantastic event of the Parents' Day Programme, where the Officer Cadets got an opportunity to demonstrate their physical prowess and endurance, inclusive of a variety of exercises such as Taekwondo, Horse Jumping, Fire Ring Jumps and Human Pyramid. The Officer Cadets also showed their Taekwondo skills with techniques of kicks, punches, and self-defence. The display also affirmed the Officer Cadets' physical fitness, mental and physical coordination, and agility gained through their training.

After all displays, the parents had an opportunity to interact with their sons and daughters and also with almost all Officers who were involved in Officer Cadet training at the Sri Lanka Military Academy. Senior officers, Officers, parents of Cadets and other Ranks witnessed the event.



Troops of Security Force Headquarters (Wanni) laid sand around Ruwanweli Maha Seya



The annual sand-laying ceremony around the historic Ruwanweli Maha Seya covering about 800 sq meter in the "Weli Maluwa" was held from 3 to 5 March 2023 with the support of 21 Infantry Division and Forward Maintenance Area (North and Central).

More than 250 troops under command to 21 Infantry Division participated in this meritorious project over three days as per directions given by Major General C D Ranasinghe RWP RSP Commander, Security Force Headquarters (Wanni). Senior officers, Officers and devotees also participated in the project.

War College distributed school accessories among students



With the generous sponsorships extended by Mr. Prabath Lokubalasuriya, the founder of 'Atha Hitha' Foundation, with the participation of Sri Lanka Army War College, a large stock of school accessories was distributed among needy students studying in Monoragala district on 14 March 2023 focusing the poverty-stricken families of the Monaragala area. Students from 1 to 10 studying at M/ Gonaganara Primaray School, M/ Janasanka Primary School and M/ Tharala Primary school students were benefited from the programme. Brigadier Y M B Yahampath RWP RSP Commandant, Sri Lanka Army War College graced the event as the Chief Guest.

2 SRI LANKA RIFLE CORPS CELEBRATED 15TH ANNIVERSARY

2 Sri Lanka Rifle Corps celebrated 15th anniversary at the newly constructed 2 Sri Lanka Rifle Corps in Kotte with a series of events including all rank lunch with the participation of Officers and Other Ranks. Furthermore, a 'Bodhi Pooja' was conducted invoking the blessings for all serving, differently –abled and deceased War Heroes.



573 Infantry Brigade celebrated its 3rd anniversary





573 Infantry Brigade troops celebrated its 3rd anniversary amidst military traditions and religious rituals on 2 March 2023. It was organised under the guidance of Commander, 573 Infantry Brigade premises in Mankulam. The brief celebration began with a Guard Turnout offered to the Commander, 573 Infantry Brigade at the entrance. After addressing the troops, an all-ranks lunch was arranged. Furthermore, a 'Bodhi Pooja' was conducted invoking the blessings for all serving, differently –abled and deceased War Heroes.

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57 Infantry Division turned 16 years old





The 57 Infantry Division in Kilinochchi celebrated its 16th anniversary amidst religious observances and military formalities under the guidance of Major General J P C Peiris RWP RSP ndc General Officer Commanding (GOC), 57 Infantry Division on 24 February 2023. In line with the event, troops of 57 Infantry Division organised a Dhamma preaching session, and an alms-giving for 16 members of the Maha Sangha at the camp premises. Offering the Guard Turnout at the entrance for the General Officer Commanding, 57 Infantry Division, and sapling plantation were also included and the events and the anniversary celebrations culminated with all ranks lunch.





593 Infantry Brigade celebrated its 14th anniversary

The 593 Infantry Brigade located in Nayaru celebrated its 14th anniversary amidst religious rituals and military formalities under the guidance of Commander, 593 Infantry Brigade on 15 February 2023. The anniversary day's proceedings began with a Guard Turnout at the entrance to the Commander, 593 Infantry Brigade. Then, an afforestation programme was held in line with the anniversary events. Following the address of the Brigade Commander, an all rank lunch was organised with the participation of Officers and Other Ranks. Furthermore, a 'Bodhi Pooja' was conducted invoking the blessings for all War Heroes serving, differently—abled and deceased on 16 February 2023 and offered 'Kiri Ahara Pooja' (milk food) to Jaya Sri Maha Bodhi.

AIR MOBILE BRIGADE DISTRIBUTED SPECTACLES, ARTIFICIAL LIMBS AND MEDICINES

On an initiative taken by Brigadier P S Subath Sanjeewa RSP psc Commander, Air Mobile Brigade, 53 Infantry Division under command to the 1 Corps Headquarters, a stock of artificial limbs, spectacles and medicines was distributed among the needy in the Embilipitiya area from 17 to 19 March 2023.

Sri Bodhirajarama Temple premises in Embilipitiya organised this three-day long project under the sponsorship of Colombo Rotary Club at the request of the Air Mobile Brigade. The mobile clinic treated more than 4000 civilians, providing medicines and some of them were referred to the nearest Base Hospital for further consultations. In addition, 17 artificial limbs were also distributed among the deserving in close contact with medical technicians during the arrangement. Brigadier PS Subath Sanjeewa RSP psc Commander, Air Mobile Brigade graced the inaugural occasion as the Chief Guest.







ARMY SEVA VANITHA CELEBRATED INTERNATIONAL



To be in parallel with the International Women's Day, the Army Seva Vanitha Unit (ASVU) in collaboration with the 'MR Media Solution Pvt Ltd' staged a special Women's Day programme in Panagoda Sri Lanka Signal Corps (SLSC) Headquarters auditorium on 8 March 2023 under the theme of "She is the pride of the Nation".

Mrs. Janaki Liyanage Chairperson, Army Seva Vanitha Unit graced the occasion as the Chief Guest. The event was filled with the number of segments to educate the participants. Mrs. Chandani Bandara, an expert in beauty culture delivered a comprehensive lecture on the science of beauty culture. Also, representative officials of Singer Sri Lanka PLC jointly held a speech on the economic aspects and the use of electrical items and appliances. Brief lectures covering Health Management, Financial Management, Positive thinking and Personality Development followed afterwards.



In another move, 306 C-1 Lions Club Women's Forum donated 5 Juke Machines to Mrs. Janaki Liyanage Chairperson, Army Seva Vanitha Unit for distribution among the most deserving. In addition, the Chairperson, Army Seva Vanitha Unit vested in the new accommodation facility, built for women soldiers, serving at the Panagoda Army Beauty Saloon.

Members of Army Seva Vanitha Unit, Mr. Rohitha Jayasighe, President of MR Media Solutions, famous beautician Mrs. Chandani Bandara, Lioness Mrs. Kantha Nilmini Kumarasighe, 306 C-1 President, Lions Club Women's Forum, Mr. M Sadanandan from Jananum Institute, Senior Officers, Officers and Other Ranks attended the event.



Sri Lanka Signal Corps Seva Vanitha Branch built a new house for a deserving soldier

The Sri Lanka Signal Corps Seva Vanitha Branch built a new home for a deserving soldier in the 2 (V) Sri Lanka Signal Corps who has been suffering from permanent nerve damage in the spinal cord. The project came to reality with the financial support of the office of the Chief Signal Officer, Regimental Headquarters Sri Lanka Signal Corps and 2 (V) Sri Lanka Signal Corps. The project was initiated under Mrs. Shashika Herath former Chairperson, Sri Lanka Signal Corps Seva Vanitha Branch last year. 2 (V) Sri Lanka Signal Corps Seva Vanitha Branch troops contributed their technical expertise and manpower towards the construction of the new home.



SRI LANKA LIGHT INFANTRY SEVA VANITHA BRANCH DISTRIBUTED SCHOOL ACCESSORIES AMONG STUDENTS





The Sri Lanka Light Infantry Seva Vanitha Branch distributed school accessories to the value of Rs. 280,000.00 among 22 selected children of Other Ranks and the civil staff serving the Sri Lanka Light Infantry family. Mrs. Danusha Weesasuriya Chairperson, Sri Lanka Light Infantry Seva Vanitha Branch graced the event on 25 February 2023 benefiting 22 students. Centre Commandant, Sri Lanka Light Infantry, Senior Officers, Officers, Other Ranks and beneficiaries were present at the event.

Sri Lanka Sinha Regiment Seva Vanitha Branch celebrated International Women's Day





To coincide with the International Women's Day, the Sri Lanka Sinha Regiment Seva Vanitha Branch with the objective of educating women troops on different useful projects, organised several lecture sessions at the Sri Lanka Sinha Regimental Headquarters at Ambepussa on 11 March 2023. Mrs. Omila Jayawardena Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch and Major General G R R P Jayawardana RWP RSP ndu Quarter Master General and Colonel Commandant of Sri Lanka Sinha Regiment graced the event as the Chief Guests. The lectures were focused on the self-entrepreneurship promotion to rehabilitate the poverty-stricken families of War Heroes. In line with the same event, a dry ration distribution was also held. Officers, Other Ranks and members of Army families attended the event.

Chairperson of Gemunu Watch Seva Vanitha Branch assumed duties

Mrs. Shalika Edirisinghe the spouse of Major General E A D P Edirisingha assumed duties as the new Chairperson of the Gemunu Watch Seva Vanitha Branch during a ceremony at the Regimental Centre on 4 March 2023. The members of the Seva Vanitha Branch warmly welcomed the new Chairperson at the Regimental Centre, extending best wishes for her new appointment.



Military Intelligence Corps Seva Vanitha Branch educated troops on cyber crimes



The Military Intelligence Corps Seva Vanitha Branch marked its commemoration of the International Women's Day by organising a special lecture on "Prevention of Women and Children from Cyber Crimes" at Hotel Ambalama in Kaluaggala on 11 March 2023. Mrs. Manori Sally Chairperson, Military Intelligence Corps Seva Vanitha Branch graced the event as the Chief Guest. Mrs. Chandima Niroshini Arapperuma conducted the lecture. Officers, Other Ranks and members of Army families attended the event.

Members of Corps of Engineer Services Seva Vanitha Branch interacted with 'Abimansala - III'



The Corps of Engineer Services Seva Vanitha Branch made a visit to the 'Abimansala-III' wellness resort at Pangolla with the intention of inquiring into the well-being of handicapped War Heroes on 20 February 2023. Mrs. Deepika Chandrasena Chairperson, Corps of Engineer Services Seva Vanitha Branch organised the event. During the cordial interactions, the Chairperson gifted 2 grass-cutters to the 'Abimansala-III'.

Sri Lanka Army Service Corps Seva Vanitha Branch celebrated International Women's Day





The Sri Lanka Army Service Corps Seva Vanitha Branch on 11 March 2023 marked the International Women's Day at the Sri Lanka Army Service Corps Regimental Headquarters at Panagoda, under the patronage of Mrs. Thushari Wanigasekera Chairperson, Sri Lanka Army Service Corps Seva Vanitha Branch who graced the occasion as the Chief Guest. Lieutenant Colonel Sujith Chaminda Edirisinghe conducted an inspirational lecture, under the theme 'Role of War Heroes'. The cookery event followed by the Executive Chef Kumar, an expert in culinary field grabbed the attention of all. The event culminated with a comprehensive lecture on the 'Science of Beauty Culture' by Miss. Shenali Jayamanna.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch awarded school incentives





Sri Lanka Army Clothing Depot distributed incentives among 54 children of the staff to the Army Clothing Depot on 8 March 2023 under the close supervision of Lieutenant Colonel R A C Rupasinghe Commandant at the Army Clothing Depot. The generous patronage for the charity work was extended by the Sri Lanka Army Ordnance Corps Seva Vanitha Branch.

Sri Lanka Electrical & Mechanical Engineers Seva Vanitha Branch commemorated fallen War Heroes





A 'Bodhi Pooja plus a Dharma Deshana Pinkama' was organised by the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch on 24 February 2023 at the Sri Lanka Electrical and Mechanical Engineers Base Workshop premises to invoke the blessings for War Heroes who sacrificed and went missing in action whilst safeguarding the territorial integrity and sovereignty of the motherland.

Mrs. Nandani Samarakoon Chairperson, Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch organised the event along with members of the Seva Vanitha Branch.

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Military Police Seva Vanitha Branch celebrated International Women's Day





To be in parallel with the International Women's Day, the Sri Lanka Corps of Military Police Seva Vanitha Branch in coordination with troops of the 5 Sri Lanka Corps of Military Police conducted an- alms giving to Buddhist nuns and a lecture on the importance of the day at Regimental Centre on 10 March 2023. Mrs. Inoka Illangakoon Chairperson, Sri Lanka Military Police graced the event as the Chief Guest. Officers, Other Ranks and members of Sri Lanka Corps of Military Police Seva Vanitha Branch attended the event.

Sri Lanka Army General Service Corps Seva Vanitha Branch marked Women's Day with yoga pogramme



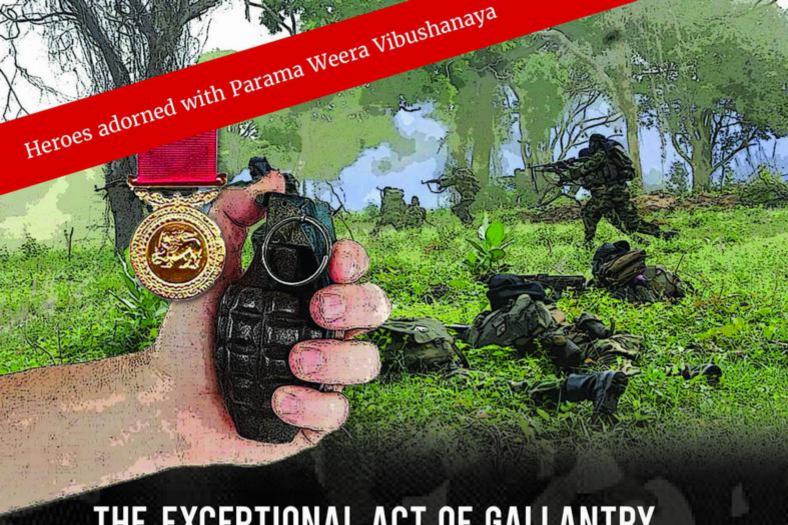


In line with the International Women's Day, the Sri Lanka Army General Service Corps Seva Vanitha Branch organised a yoga programme, conducted by the Indian Yoga Acharya Manoharan Geethakumari Migilesh on 6 March 2023. The event was successfully held under the guidance of Mrs. Ruvina Mettananda Chairperson, Sri Lanka Army General Service Corps Seva Vanitha Branch. Nearly, 150 participants including Seva Vanitha members, Lady Officers and Other Ranks participated in the event.

CHAIRPERSON OF SRI LANKA ARMY CORPS OF AGRICULTURE AND LIVESTOCK SEVA VANITHA BRANCH VISITED UNDER COMMAND UNITS

Major General W B S M Abeysekara RSP VSV USP Director General of Finance and Colonel Commandant of Sri Lanka Army Corps of Agriculture and Livestock and Mrs. Shanthi Abeysekara Chairperson, Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch visited 5 (V) Sri Lanka Army Corps of Agriculture and Livestock on 5 March 2023. Appreciating the handcraft of the Other Ranks, Chairperson, Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch awarded certificates to those Other Ranks during the visit. Further, the Chairperson, Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch shared thoughts with members of Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch.





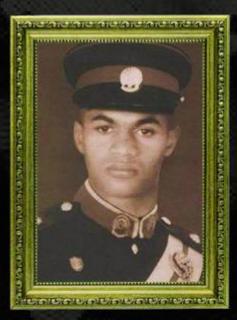
THE EXCEPTIONAL ACT OF GALLANTRY EXHIBITED AT PUTHUKKUDIYIRUPPU

Uva Wellassa area is a home for many legendary warriors who bravely fought against the rule of European invaders. Lieutenant W D Jayathilaka PWV can be also called as one of the great War Heroes descending from Uva Wellassa.

Mr. Durayalage Nandasena and Mrs. Kotuwegedara Ganathilage Karunawathie was blessed with a baby boy on 4 October 1985 at Government Hospital, Ambadowa. The couple named their child as Durayalage Jayathilaka. He was the first child of the family of Durayalage and in time the family had another 5 sisters and brothers to the family.

He gained his preliminary education from the Village Dhamma School, where he learnt many including the dhamma knowledge. In time he became the Dhamma Teacher for his brothers and sisters. Starting his schooling, his parents entered him to Dharmaraja School in Galahagama in 1992. During his tenure in school, he was a disciplined child who held many school positions i.e class monitor, prefect with the blessings of the teachers in the school. He bade farewell to the school in 2002 with the completion of the GCE (O/L).

In the meantime, the young Jayathilaka decided to join the Sri Lanka Army on 24 May 2004. After sending the applications he received a message to take part for the interview. During the interview his leadership skills made him recruited into Sri Lanka Army and sent to Gemunu Watch Training School,



O/67764 Lieutenant W D Jayathilaka PWV - Gemunu Watch

Diyatalawa to be trained under the Training Course No 40. After the successful completion of the course, he passed out on 2 October 2004 and recruited to Gemunu Watch which marched forward under the slogan "Tarry not Forward". Private Jayathilaka's disciplined behaviour had earned the good name among the other members and resultantly, he was promoted to the rank of Lance Corporal on 7 March 2008.

In the meantime, he was fortunate to serve in the Haiti UN Peacekeeping Missions more than 6 months after serving in Mannar and Vavuniya. Lance Corporal Jayathilaka then promoted to the rank of Corporal and thenafter to the next rank- Sargeant due to his warriorship he had exhibited at North and East Battles. He earned Poornabhumi Padakkama and North-East Humanitarian Padakkama, UN Peacekeeping Mission Meddle for his generous service.

In appreciation of his service, Sergeant Jayathilaka was commissioned to be an Officer on 30 March 2009 after completing the Short Course No. 2 from Minneriya. He was selected to the 9th Battalion of Gemunu Watch – a leading force of the forward defence line- Mullaittivu at the time. On 20 May 2009, Second Lieutenant Jayathilaka was appointed as the Platoon Commander, deploying in the Puthukkudiyiruppu, in Mullaittivu District – a dead point of the forward defence line- Puthukkudiyiruppu. Their main aim was to rescue the Puthukkudiyiruppu- forward defence line from the enemy.

Taking ground advantage in favour of them Second Lieutenant Jayathilaka marched forward executing an ambush against the enemy. The unexpected ambush awakened the enemy turning the situation into fearsome battle. Preparing the team, Second Lieutenant Jayathlaka marched ahead firing at the enemy alone the bunkers.

Preventing the enemy's uprise, he further jumped into the enemy bunker throwing the grenade towards the enemy. His brave act had power to weaken the enemy's strength.

However, the warrior was not lucky enough to survive after the battle with the serious injuries.He bade farewell to the Nation.

Second Lieutenant Jayathlaka was posthumously promoted to the rank of Lieutenant in appreciation of his individual acts of gallantry and conspicuous bravery of the most exceptional order in the face of the enemy performed voluntarily whilst on active service with no regard to the risk of his own life with the objective of safeguarding the lives of his comrades by then President His Excellency Mahinda Rajapaksa at the Temple Trees on 4 February 2012.



Extracted from "Uththamachara" published by Sri Lanka Army Headquarters

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651 INFANTRY BRIGADE DISTRIBUTED SCHOOL ITEMS AMONG DESERVING STUDENTS IN THEWAMPIDDY



Troops of the 651 Infantry Brigade gifted school accessories, worth of Rs. 25,000.00 among 93 school students at Thewampiddy Roman Catholic Government's Tamil Mixed (GTM) Primary School in Kilinochchi during their annual sports meet, held on 22 March 2023.

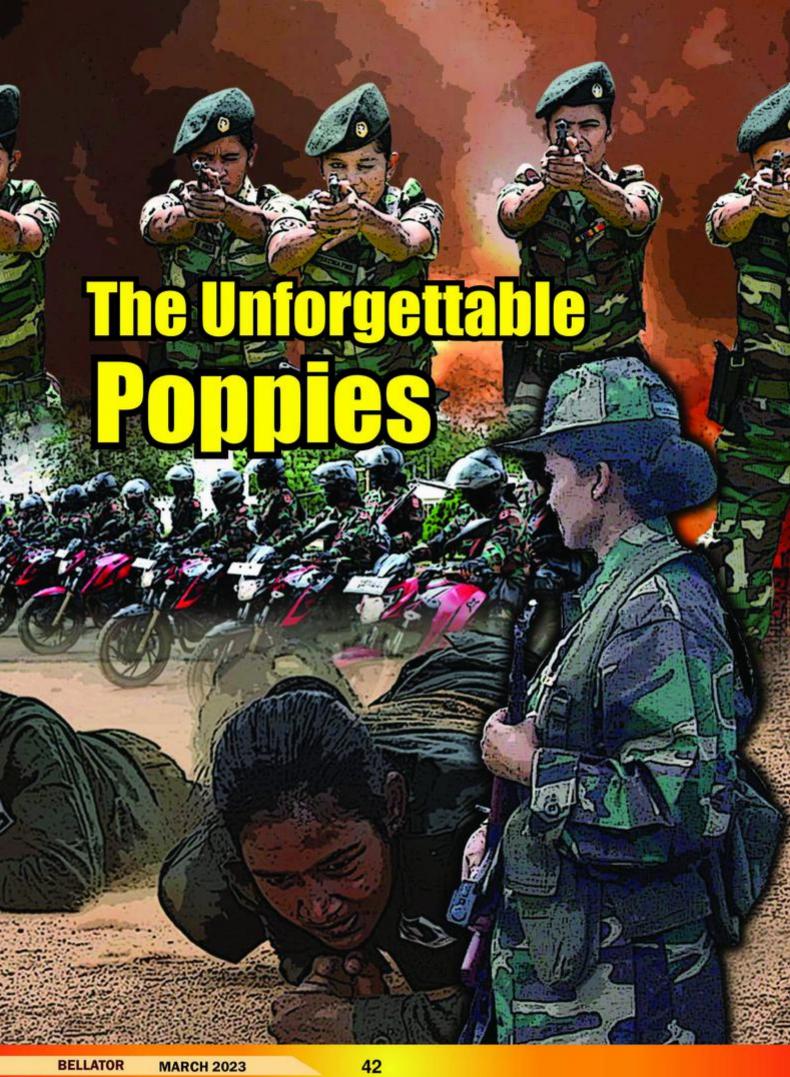
Brigadier K M W Bandara RSP Commander, 651 Infantry Brigade attended the awarding ceremony of the Sports Meet as the Chief Guest and gave away incentives to those beneficiaries during the event among 93 children who were suffered with financial hardships. Officers and Other Ranks of the 651 Infantry Brigade joined together and voluntarily collected financial resources for the worthy project.

221 INFANTRY BRIGADE SUPPORTED FOR CHILDREN OF ALL RANKS



The 221 Infantry Brigade troops organised a community project to distribute school accessories and equipment to 67 students of the families of Other Ranks who are serving in the 221 Infantry Brigade Headquarters on 12 March 2023 at the Brigade premises. Each child received a pack of school accessories, worth about Rs. 3500.00. Mrs. Nilanthi Joham extended her generosity for the distribution of those incentives.

Colonel RMS P Rathnayake USP psc IG Commander, 221 Infantry Brigade, initiated the project as a support to the all ranks and members of the civil staff. Major A D Gunarathne Civil Affairs Officer, 221 Infantry Brigade supervised the project.



First heroine who sacrificed her life for the motherland



Lance Corporal Rupawathie Herath 09. 08.1996 Due to a terrorist attack at Keeramale

The calendar reminded another day reserved for women-popularly known as "International Women's Day" which is celebrated on 8 March 2023 with the intention to make the earth a safe place for a woman without any discrimination. Pages of popular magazines and newspapers filled with a variety of articles, but none will talk of those War Heroinesthe guardian angles of the Nation who sacrificed their today for the betterment of tomorrow. However, as a nation it is doubtful whether they were given the due respect as a nation called own country as "motherland" rather "fatherland".

The armed struggle that prolonged over three decades in Sri Lanka was not a secret to anyone anymore. It came to an end on 18th May 2009 blooming good hopes for many. However, it is said that nearly 26,000 soldiers sacrificed during this war. Yet, who knows there were women soldiers too! Surprisingly, Nobody knows!

Womanhood and the battlefield frequently disagree in many social contexts. Culturally, socially, and traditionally femineity deals with softness, innocence, and protection and is frequently associated with light and soft subjects. However, Goddess Athena was associated with wisdom, handicraft, and warfare accordingly the Greek Mythology. In its 2500 deep-rooted history in Sri Lanka,



Corporal De Silva EN 02.01.1997 Victim of enemy



Lance Corporal Kumuduni KBNP 02.01.1997 Victim of enemy clamo at Thirunalweli clamo at Thirunalweli clamo at Thirunalweli



Lance Corporal Suwarnalatha RC 06.03.1997 Victim of enemy



Lance Corporal Ajantha RM 06.03.1997 Mortar attack at Vavnathivu



Lance Corporal Sriyani Deepika S 06.03.1997 Mortar attack at Vavnathivu



Lance Corporal Abesinghe KG 02.12.1997 Terrorist attack at Murukkan



Lance Corporal Kaluwila Arachchi MN 02.12.1997 Terrorist attack at Murukkan



Lance Corporal Nayana Tushari UD 06.02.1998 Malley street, Colombo at road block



Lance Corporal Dharmawardhana MBGSK 06.02.1998 Malley street, Colombo at road block



Lance Corporal Rathnayaka RMTK 13.03.1998 Terrorist attack at Puttur



Lance Corporal Wijesundara WMDK 13.03.1998 Terrorist attack at Puttur



Lance Corporal Rathnavaka RMPS 20.03.1998 LTTE clemo at Kodikamum

proportionally the woman factor engaged in battle is considerably limited. When searching the history of female warriors, only a small number of characters are appeared, such as Vihara Maha Devi-noble mother of King Dutugemunu and Queen consort of King Kawanthissa, Queen Sugala- rebellious Queen of Ruhuna, and Queen Anula. However, the discussion of War Heroes popped up from time to time even after the the elimination of terrorism in 2009. sadly, there had been no account of women soldiers who fought assisting the masculine Heroes. The truth is there had been a number of Heroines among the troops in the Operational areas in the Island.

Although the War Heroines equally contributed to rebuild the Nation, defeating the terrorism prolonged over three decades, the prominence they earned as the women soldiers is yet doubtful. Our ears were filled with the stories of the exceptional gallantry of the War Heroes. We have raised the giant statues, and remembered the fallen War Heroes in magnitude events, along with two-minute silence to fallen War Heroes but how many of us ever thought that there were War Heroines too?

Today the Sri Lanka Army has an increasing number of women soldiers and they play different roles under various regiments and units unlike the history, bringing extra strength to achieve the operational goal of the establishment in a collective manner. They are everywhere, as lawyers, operators, physicians, accountants, agrarians, sportswomen, drivers, chefs, and many more rendering significant service for development of the island Nation as Officers and Non-commissioned Officers.

90% of these War Heroines massively contributed to the military operations during the period of Humanitarian Operations. The soft hands bore rough and heavy weapons, stayed days and nights at roadblocks providing security undertaking the risk for their lives to protect the lives of others silently. Sometimes she had to struggle to bring life back for the



Lance Corporal Ariyawathie H 25.01.1999 LTTE clemo at Kopai



Lance Corporal Wijewardhana PVD 25.10.1999 Suicide attack at Ulevikulam



Lance Corporal Malkanthi PRS 24.05.2000 Artillery attack in Vasavillan



Lance Corporal
Damayanthi
PHW
24.05.2000
Artillery attack in
Vasavillan



Sergeant
Pushpamala PBS
28.04.2006
Artillery attack in
Vasavillan



Lance Corporal Gunathilaka DSSP 02.04.2007 Colombo suicide attack to Army Commander



Corporal Padma Kumari IMB 09.09.2008 Ampara Konduwana road block



Lance Corporal Dilrukshi MKA 29.09.2009 Enemy attack to Vavuniya, 221 Bridge



Lance Corporal Piyadasa PL 09.02.2009 Enemy attack to Vavuniya, 221 Bridge



Lance Corporal Thilnka Kumari RM 09.02.2009 Suicide attack at Vishwamadu



Lance Corporal Sewwandi HML 09.02.2009 Enemy clemo at Vishwamadu



Lance Corporal Godakumbura SMKTP 09.02.2009 Enemy clemo at Vishwamadu



casualties who were on the verge of death, alone in the dark nights. Some handled the administration in the absence of male companions in rural camps, while the country enjoys the protection under their arms. Notably, there were 26 War Heroines who bade farewell to the motherland before they reach to the age of 30.

Bearing a weapon to secure country, standing day and night leaving children to the husband is one of the hardest tasks for a woman who plays the role of a mother, a sister, and a wife. However, these War Heroines had deliberately committed to eliminating terrorism by guarding the borders, and being vigilant at night while another mother hugs and sleep her kids comfortably in a safe bed. At the time when we pass 14 years after eliminating terrorism from the country, many who contributed to this laborious task directly or indirectly has already bade farewell to the Nation. However, who can forget what they had done for this country?

During the thick rains, frozen coldness, or under the burning sun they had determined to stand for the future of others. When considering the service that they had rendered, it is obvious that these heroines share the same blood as the ancient War Heroines of the island who stood for the country.

Although the number of events celebrations and workshops held island-wide on account of International Women's Day, but the due attention to our real War Heroines who had sacrificed their lives for the country was considerably less. The role of War Heroines never limited to a particular

period of time when the security is concerned. While a civil employee works for 8 working hours, these Heroines have dedicated her life to 24-hour service dedicating her personal life separating from her beloved family. Therefore, International Women's Day won't be completed without giving considerable admiration for the brave War Heroines who sacrificed their life for the betterment of our tomorrow.

They shall grow not old, as we that are left grow old: Age shall not weary them, nor the years condemn. At the going down of the sun and in the morning, We will remember them. The Fallen - Laurance Byron



Captain K V N Lakmali 2(V) SLAGSC Directorate of Psychological Operations

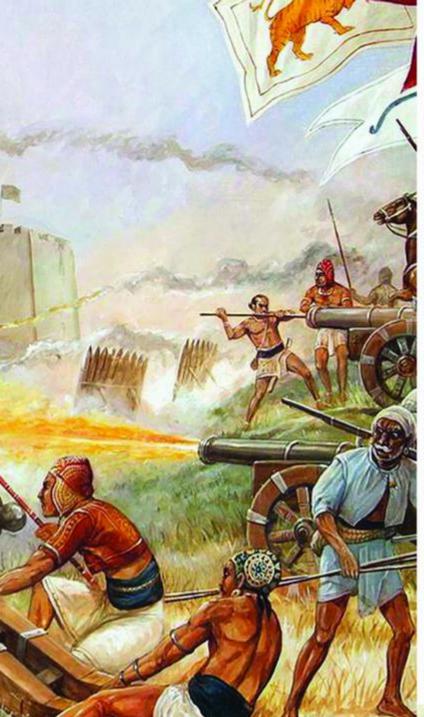
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Ancient Sri Lankan Battle Tactics

We, being Sri Lankans are really proud of our Armed Forces that did a tremendous chores in eradicating the terrorism that has been burning our motherland for over 3 decades. While surviving robust and adverse conditions, the determination and courage of our soldiers is unanimous. Not only in the recent history, we can see that we have been a warrior nation from the ancient days if we turn some pages of our history.

Ancient Sri Lanka, was a land of many battles and wars, with a rich history of military strategies and tactics. From the earliest times, Sri Lankan armies employed a wide range of tactics and weapons, which were adapted to the terrain and environment of the island. In this article, I will explore some of the key tactics used by ancient Sri Lankan armies in battle.

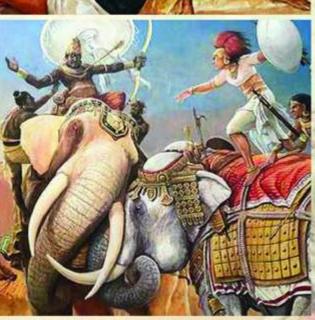


Use of Elephants

One of the most iconic symbols of Sri Lankan warfare is the use of elephants in battle. These powerful animals were trained for war, and were often equipped with armor and sharp blades on their tusks. They were used both as a means of transportation for soldiers, as well as for charging into enemy lines to cause chaos and confusion. The use of elephants in battle was a hallmark of Sri Lankan military might, and was a key factor in many of the island's victories. The Sri Lankan armies used a variety of different tactics with their elephants. For example, they would use them to break through enemy lines, charge down narrow paths, or trample infantry. The Sri Lankan armies also used a number of specialised tactics to counter enemy elephants, such as using fire or loud noises to frighten them.

Archery

Another key element of Sri Lankan battle tactics was the use of archery. Skilled archers were highly valued, and were often positioned in elevated locations to rain down arrows on enemy forces. Archers were also used to provide covering fire for infantry units, and were a key element in defending fortifications. Sri Lankan archers were skilled in both long-range and close-quarters combat, and often used a variety of different arrow types, such as armorpiercing and fire arrows.



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Infantry

The backbone of any army, infantry units in ancient Sri Lanka were typically equipped with swords, spears, and shields. They were used to hold key positions and defend against enemy attacks, as well as to provide cover for archers and other specialised units. Sri Lankan infantry were highly disciplined and were often trained in a variety of different fighting styles, including hand-to-hand combat and spear formations. They were also known for their ability to operate effectively in difficult terrain, such as forests and mountains.

Fortifications

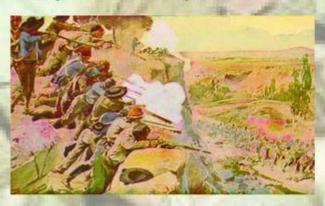
Sri Lankan armies often relied on strong fortifications to protect their forces and deter enemy attacks. These were typically constructed using earthworks and stone, and were often reinforced with wooden palisades or other defensive features. Strong fortifications could mean the difference between victory and defeat, and were a key element of many successful Sri Lankan battles. The most famous of these fortifications was the Sigiriya Rock Fortress, which was built by King Kashyapa in the 5th century AD. This impressive fortress was built atop a massive rock outcropping and was nearly impregnable, providing a secure base for the king's forces.





Guerilla Warfare

Sri Lankan armies were not afraid to employ unconventional tactics to achieve victory. Guerrilla warfare was a common tactic used by Sri Lankan forces, particularly when outnumbered or outgunned. This involved using hit-andrun tactics, ambushes, and other surprise attacks to harass and weaken enemy forces, often while avoiding direct confrontation. The Sri Lankan armies were highly skilled at this type of warfare, and were able to use their knowledge of the local terrain to great effect.



Naval Warfare

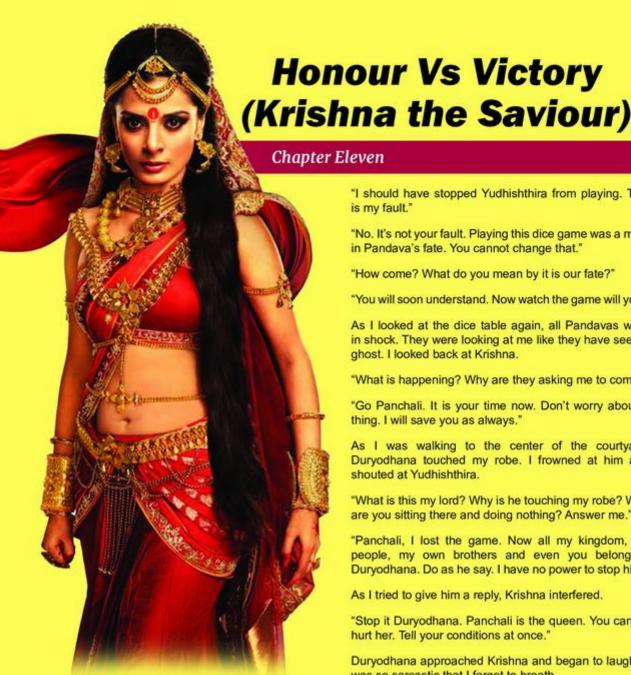
Sri Lanka's strategic location in the Indian Ocean made naval warfare an important part of the island's military history. The Sri Lankan navy was skilled in a variety of different tactics, such as boarding and capturing enemy ships, and using fire ships.

Overall, ancient Sri Lankan battle tactics were characterised by a combination of innovation, adaptability, and strategic thinking. Whether using elephants to charge into enemy lines or employing archers to rain down arrows on the enemy, Sri Lankan armies were able to achieve great success in battle through their use of tactics and weaponry. Today, the legacy of Sri Lankan military prowess continues to inspire and captivate historians and military enthusiasts alike.





Major Chathurange Vithanage Directorate of Electrical and Mechanical Engineers Army Headquarters



As the agreement between the two parties, dice game took place at the courtyard. Us Pandavas and many elders of our Kuru clan became the observers. Shakuni, cousin Duryodhana's uncle played the role of the moderator throughout the game. Later on Krishna informed me that Shakuni was the mastermind behind the chaotic situation occurred at that unfortunate day. The dices were enchanted with black magic by him. Moreover, Yudhishthira was tempted to gamble upon our own kingdom.

It was too late for me to interfere. Players sat around the table. Dices were brought. Amidst the cheer of the crowd, the game began. It seemed that the goddess Laxmi was not on our side that day. Yudhishthira lost three rounds to Duryodhana. The Kuru clan cheered upon the victory of their king. I looked at Krishna.

"This is a bad omen, Krishna. I feel it. I feel it to my bones."

"Don't worry Panchali. Let them play. Whatever happens I will always be with you."

"I should have stopped Yudhishthira from playing. This is my fault."

"No. It's not your fault. Playing this dice game was a must in Pandava's fate. You cannot change that."

"How come? What do you mean by it is our fate?"

"You will soon understand. Now watch the game will you."

As I looked at the dice table again, all Pandavas were in shock. They were looking at me like they have seen a ghost. I looked back at Krishna.

"What is happening? Why are they asking me to come?"

"Go Panchali. It is your time now. Don't worry about a thing. I will save you as always."

As I was walking to the center of the courtyard, Duryodhana touched my robe. I frowned at him and shouted at Yudhishthira.

"What is this my lord? Why is he touching my robe? Why are you sitting there and doing nothing? Answer me."

"Panchali, I lost the game. Now all my kingdom, my people, my own brothers and even you belong to Duryodhana. Do as he say. I have no power to stop him."

As I tried to give him a reply, Krishna interfered.

"Stop it Duryodhana. Panchali is the queen. You cannot hurt her. Tell your conditions at once."

Duryodhana approached Krishna and began to laugh. It was so sarcastic that I forgot to breath.

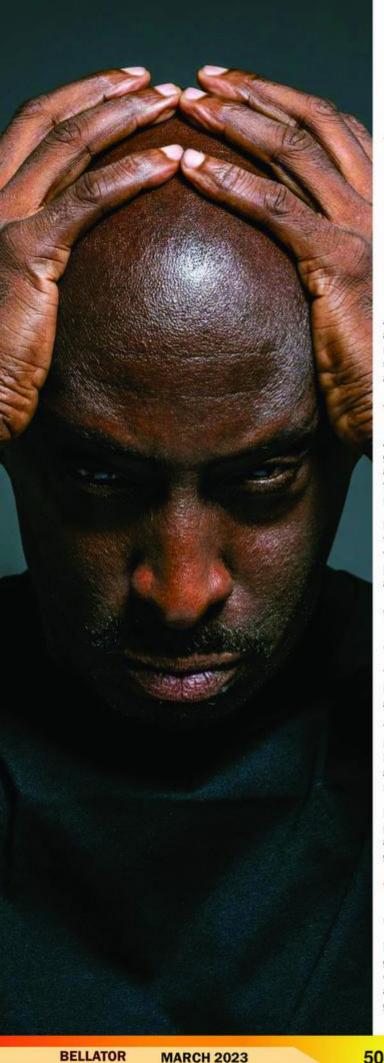
"Alright. These are my conditions. These losers are banished for 13 years. They have to hide and live in the forest. If they are found before the end of those 13 years, they are never allowed to come back to Indraprshtha. So, till my loser cousins are back, I will rule here in their magnificent kingdom." He laughed sarcastically again.

"Agreed. Panchali come now. Be prepared to leave the palace. Yudhishthira, ask your men to take everything you need before the departure."

As Krishna commanded, I ran to towards the room, Tears fell along my cheeks.



Captain J G M R P Kumarihami SLAGSC Joint Service Language Training Institute Mawathura



Know about your anger for betterment of

Anger is the word these days we are experiencing through all the media due to very unfortunate incidents. The repercussions of anger destroyed life in minutes due to simple advice. So this is not about the anger. This is all about the anger and its management.

What is anger?

Anger is an intense emotion you feel when something has gone wrong or someone has wronged you. It is considered a sense of stress, frustration, and irritation. Generally, all feel anger in different situations. It is a natural context to react to frustratration.

But anger will become a problem when it goes beyond the control and further affects the individual for daily functioning and behaviour especially, when dealing with people. When it's at its peak, consequences of behaviour are far beyond the excepted human behaviour in a society.

What are the characteristics of anger?

There are two types of changes taking place within individuals when he/she is in anger. It causes a biological and a psychological changes.

The Biological changes can recognise with the changes including, high energy levels, increased blood pressure, high temperature in the body, the tension of the muscles, and high activation of hormones such as adrenaline and noradrenaline.

However, elevated voices, high sweating, increased palpitations, moving jaws, bigger eyes, trembling, crying and much more are visible reactions of an individual generally.

What will happen when anger goes beyond control?

Even though anger is a natural human feeling, when it goes beyond the control, it creates a physical and mental complications. Those complications include depression, anxiety, blood pleasure (High), substance use (abuse), gastritis and diabetes etc.

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How can we recognise high anger?

Anger includes different faces. However, we identify the anger of an individual with verbal (shouting), behavioural reactions such as hitting/breaking or physical reactions such as sweating/trembling at the time where he/she is in anger.

What are the cases related to anger?

Internal or external factors generate the anger. Further, it may be a physical incident or a mental hurtful incident. Eevn a agitated reaction of an individual, feeling of hurt, pain, threat or any other event have the potential to create an anger within an individual.

Causes of anger

Many causes generate the anger and it is different from one to another. The common reasons can be identified as loss of something, fear or lack of emotional support, addictions and failures etc.

Some medical conditions including, depression, bipolar and ADHD also cause the anger within individuals.

Main three types of anger

Anger can be classified under three types according to the behaviour of an individual.

Passive-Aggressive Anger: It may feel angry, resentful, or frustrated, but act neutral, pleasant, or even cheerful. They then find indirect ways to show how they feel.

Assertive Anger: Let the individual take control of their situation and hold the concern that is directly causing anger. This can be identified as the best-controlled way of exhibiting anger that deviations a tense and painful encounter state into a person can go for a solution.

Openly Aggressive Anger: This is the type of anger which includes physical or verbal aggression leading towards injury to own or outsiders. Aggressive nature, harassment, blackmailing, blaming, yelling, arguing, sarcasm, and criticism are some situations for this type of anger.

How to cope with anger?

Identify your triggers

It may be too much tiredness, noise, bad comments etc that creates the anger. During such events, we can't keep calm, sweat, and feel uncomfortable or uncontrollable. Knowing of triggers will help anyone to go ahead with a plan to control anger.

Understanding of warning signs

At a time you get angry it turns to an uncontrollable situation and give several warning signs. Those warning signs include high blood pleasure, face heating, high rate of heartbeat, rapid breathing, feeling to hit someone or break something etc. If you have one of these feelings, it indicates that you are at the critical condition as a result of continuous anger.

Go Away from triggers

After knowing the triggers, it is bestter to control the anger. Also, learning to manage the feeling and behaviour is also helpful to contole the anger. For example, if your boss blaming to you for an unreasonable event, you feel angry. In such occasions, you can go away from the venue and calm yourself. More you stay, more you face the trouble.

Do some exercises

Walking in the morning and in the evening, running, playing games and hiking create an individual's physical and mental balance. The continued effort will reduce the anger with multiple benefits.

Practice Yoga and Mindfulness

Practice yoga and mindfulness have much effectiveness towards anger control. Mindfulness always considers how to keep the mind in touch with reality. Loose of control with the anger will reduce as a result of the yoga and mindfulness.

Breathing exercises

Deep breathing, counted breathing and deep muscle relaxation techniques can easily practice by someone who needs to control anger. Those will be highly accurate when practiced with understanding. However, if its still far beyond the control, it is better to seek the assistance of professionally qualified mental healer.

Try to respect others opinions

In a democratic society we have to respect each other's opinions. Therefore, it is wiser to criticise other's opinions in constructive manner instead sarcastic manner.

Special Note

The signs of developing anxiety or anger could be identified with the behaviour of an individual. However, some emotionas are from passing down from our heredity. Under these situations, parents of nowadays have a heavy responsibility to pay attention towards their kids.

Guiding them to find what is good /bad, practicing them to bear win and losses up, educating them on reality and teach them to respect others may reduce the present and future activities related to the anger. Now it's high time to know you better.



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





Army swimmers grabbed the 84th Swimming Championship

Army swimmers emerged as winners clinching the championship for the 6th time in 84th 2-Mile sea swimming championship which was held from 3 to 4 March 2023 at Mount Lavinia Beach. More than 800 swimmers representing over 80 swimming clubs participated in the swimming competitions. Sri Lanka Aquatic Sports Union organised the event.

Sri Lanka Army swimmers earned 86 points to carry the championship beating the St. Joseph's College team with 67 points to be the runners-up. Ambalangoda Devananda College swimmers scored 20 points to secure the third place. 62 Swimmers from the Army participated in the



contest under the guidance of Major General S U M N Manage WWV RWP RSP psc Chairman, Sri Lanka Army Aquatic Sports Committee and Director General General Staff of the Sri Lanka Army.

2 (V) SLAGSC encouraged their sportswomen



In appreciation of the athletic skills of those who performed well in sports both at national and international levels, 2 (V) Sri Lanka Army General Service Corps (SLAGSC) awarded cash incentives for the sportswomen who represented the regiment, at the office of the Commanding Officer of 2 (V) SLAGSC on 15 March 2023 at Panagoda.

Commanding Officer, 2 (V) Sri Lanka Army General Service Corps congratulated Lance Corporal Herath HMP (Long Distance Runner) who excelled in the South Asian Cross Country Running - 2022 and Private Jayamanna BIN (Short Runner), who performed well in the Indian State Competition-2022 and each of them was gifted Rs. 10,000.00 cash incentives. The generous sponsorship for the task was provided by all battalions under command to 2 (V) Sri Lanka Army General Service Corps.

Gajaba Regiment competitors won Para Indoor Rowing Championship



The Gajaba Regiment competitors secured 2 Gold, 2 Silver and 1 Bronze medals in both individual and team events winning the 1st place at the National Para Indoor Rowing Championship-2023 which was held on 28 February 2023 at the Sugathadasa Indoor Stadium. The event was organised by the Sri Lankan Para Rowing Association in collaboration with the National Paralympic Committee. A total of 50 athletes from all corners of the island took part in the tournament.





Army riders clinched overall Motor Racing Championship







Sri Lanka Army riders carried 5 gold medals, 9 silver medals and 1 bronze medal at the Defence Services' Motor Racing Championship - 2023 which was held from 16 to 17 March 2023 at Colombo Super Cross Racing Track at Welisara.

The Army riders earned 184 points emerging as winners pushing the Sri Lanka Air Force with 126 points to the runnerup. 7 riders of the Sri Lanka Army participated in all 5 events in the championship. The trophy for the Best Rider was awarded to Corporal Premarathne H M J S of the Sri Lanka Army. The Sri Lanka Navy organsied the event.

Certificates awarded to Taekwondo Champions in 12th Defence Services Games





The awarding ceremony of Taekwondo Championship in the 12th Defence Services Games (DSG) took place at Panagoda Army Indoor gymnasium on 16 March 2023. Major General C D Weerasuriya RWP RSP ndu Chairman, Army Sports Committee and Chief of Staff graced the occasion as the Chief Guest.

After the eye catching demonstrations staged by players in the Sri Lanka Army Taekwondo team, Chief Guest awarded the trophies and certificates to the winners together with Major General D M K D B Pussella RWP RSP Commander, Security Force Headquarters (West) and, Adjutant General and Chairman, Army Taekwondo Committee.

Lance Corporal Madushani YKM of the Sri Lanka Army Women's Corps was awarded as the 'Best Female Player' during the brief ceremony. Master Ki Su Lee, Head of the Technical Committee of Sri Lanka Taekwondo Federation, Officers including Senior Officers, and Other Ranks attended the awarding ceremony. Taekwondo competitions in the tournament were held from 14 to 16 March 2023 with 47 men and 37 women of the tri forces.

Army players won the Elle Championship in Defence Services Games





Defeating Navy Elle players after a tough tussle in the finals, Army players secured the Elle championship with 12 score and 2 runs in both innings, at the Defence Services Games (DSG) Elle Tournament – 2023 which was held from 2 to 3 March 2023. Sri Lanka Army Elle Committee organised the event at Diyagama Mahinda Rajapaksa Stadium with the participation of Elle teams of the tri forces.

Major General D M K D B Pussella RWP RSP Commander, Security Force Headquarters (West) Chairman, Sri Lanka Army Elle Committee, witnessed the final match and joined the awarding ceremony as the Chief Guest. Further, Senior Officers, Officers, Other Ranks as well as Elle fans of the tri forces also watched the tournament.

Volleyball tournament at Security Force Headquarters (Jaffna)

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With the aim of promoting teamwork spirits, personal connection, Security Force Headquarters (Jaffna) organsied a volleyball tournament with the participation of players representing brigades and battalions under command to the Security Force Headquarters (Jaffna) on 20 March 2023.

21 volleyball teams vied for supremacy in the tournament and 4 Sri Lanka Corps of Military Police and 10 Field Engineer Regiment were selected for the final encounter. Volleyball players of the 4 Sri Lanka Corps of Military Police won the championship in the Men's category and 7 Sri Lanka Army Women's Corps won the championship in the Women's category. 6 Sri Lanka Army Signal Corps players clinched the runner-up slot.

Major General DBSN Bothota RWP RSP VSV USP psc Commander, Security Force (Jaffna) together with Senior Officers, Officers and Other Ranks participated in the certificate-awarding ceremony.





Inter-Division Football Championship certificates awarded





The inter Division Football Championship - 2023 of the Security Force Headquarters (Wanni) was held at the 54 Infantry Division playground in Mannar from 8 February 2023 to 10 March 2023 with the participation of 7 teams. 56 Infantry Division and 62 Infantry Division teams competed in the finals and 62 Infantry Division team players were able to dominate the encounter claiming the championship for the year 2023.

Major General C D Ranasinghe RWP RSP Commander, Security Force Headquarters (Wanni) graced the awarding ceremony after the final tussle as the Chief Guest on 10 March 2023. Major General H G P M Kariyawasam RSP ndc psc IG General Officer Commanding, 56 Infantry Division, Major General R A J N Ranasinghe RSP USP ndc General Officer Commanding, 62 Infantry Division, Major General E A D P Edirisinghe psc General Officer Commanding, 65 Infantry Division, Senior Officers, and Other Ranks were present at the final awarding ceremony.

SLSR Inter-Battalion Athletic Meet - 2023

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The Sri Lanka Sinha Regiment's (SLSR) inter-battalion athletic meet -2023 was held at the 2 (V) Sri Lanka Sinha Regiment playground at the Digana on 4 to 5 March 2023 with formalities.

The Chief Guest, Major General G R R P Jayawardena, RWP RSP ndu Quarter Master General and Colonel of the Regiment, Sri Lanka Sinha Regiment graced the closing ceremony of the athletic meet along with Mrs. Omila Jayawardena Chairperson, Sri Lanka Sinha Regiment Seva Vanitha Branch.

The championship contest began with the start of finals in 1500m, 100m, 400m and 4 x 400m relay runs evoking a wave of enormous interest and cheering. Athletes in the 15 (V) Sri Lanka Sinha Regiment manifested brilliance securing first place with 198 points in the meet while 2 (V) Sri Lanka Sinha Regiment team secured the second place with 90 points, and 4 SLSR gained the third place by acquiring 44 points. Regimental Senior Officers, several other Commanding Officers of the Sri Lanka Sinha Regiment, Officers and Other Ranks participated in the event.





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Special Forces Annual Sports Tournament held on grand scale



The annual Inter Battalion Sports Tournament of the Special Forces (SF) Regiment concluded on 23 March 2023 in a simple closing ceremony, held at the 3 Special Forces Regimental Headquarters at Mundimurippu, Vauniya.

The event, organised under the guidance of Major General D G S Senarath Yapa RWP RSP ndu Colonel of the Regiment, focused on development of transferable skills in order to enable soldiers to work efficiently in a team as they work towards organisational objectives and goals.

The sports tournaments mainly consisted of three events of Cricket, Volley ball and Football. The 3 Regiment Special Forces won Cricket and Volley ball Championships and 4 Special Forces won the Football Championship.

Major General R M M Ranasinghe WWV RWP RSP, General Officer Commanding of 59 Infantry Division graced the closing ceremony as the Chief Guest, along with the Centre Commandant, Special Forces, Commander, Special Forces Brigade, Commanding Officers, Officers and Other Ranks.







11 (V) Gajaba Regiment Team held a friendly volleyball encounter with locals





11 (V) Gajaba Regiment volleyball players in the 663 Infantry Brigade and the 66 Infantry Division under Security Force Headquarters (Mullaitivu) jointly organised a friendly volleyball tournament with players in the Don Bosco Vocational Training Institute on 19 March 2023 with the intention of cementing comradeship, peace and harmony between the troops and locals in the area.

Initially, both teams played 3 matches and players in the 11 (V) GR team won 2 matches out of the three and was named as the champions. Lieutenant Colonel W P T Perera Commanding Officer, 11 (V) Gajaba Regiment initiated the friendly encounter on the directions of Commander, 663 Infantry Brigade and General Officer Commanding, 66 Infantry Division.

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A lecture on drug prevention



A thought-provoking lecture on 'Drug Prevention' was held on 24 February 2023 in line with the special education programme implemented for the benefit of rehabilitated War Heroes of Abhimansala- III Suwasahana Welness Resort. Mrs. Deepashika conducted the lecture educating the participants in the strategies of drug dealers and the consequences of drug addiction. Officers, Other Ranks and the staff of Abhimansala -III participated in the programme.

A MUSICAL PROGRAMME HELD AT ABHIMANSALA - I





A musical programme organised to entertain the rehabilitating War Heroes at Abhimansala - I wellness resort and staff serving in was held on 8 March 2023. Music master Dr. Asela Mithrapala of Sri Lanka National Education Institute and under graduates of Sri Palee Campus, University of Colombo provided the instrumental assistance. Staff and the residential War Heroes participated in the event.

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Expanding its welfare role, the Army Seva Vanitha Unit (ASVU) awarded 140 scholarships for children of fallen War Heroes, serving and retired Army personnel and civil staff in the Army in collaboration with the Bank of Ceylon (BOC) during a simple ceremony, held on 1 March 2023 at the Army Headquarters.

Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the invitation of Mrs. Janaki Liyanage President, Army Seva Vanitha Unit graced the awarding ceremony as the Chief Guest with Mrs. Ruchindra Perera Assistant General Manager, Bank Of Ceylon, Western Province - Central, Mrs. Mithila Dilhani Senior Area Manager, Bank of Ceylon, Colombo-North, Mr. Uditha Perera, Manager, Bank of Ceylon Lake House Branch and representatives.

During the event, 30 students who have passed the Grade 5 Scholarship Examination in 2021 received a bank deposit of Rs. 15,000.00 and a pack of school accessories, worth Rs. 7,000.00. In addition each received a sum of Rs. 2,000.00 from the Bank of Ceylon as an incentive to those students. Further, 71 students who have passed the G.C.E (Ordinary Level) examination in 2021 received a bank deposit of Rs. 20,000.00 and school accessories worth Rs. 7,500.00 together with a bank deposit of Rs. 2,000.00 from the Bank of Ceylon.

Furthermore, a Rs. 25,000.00 bank deposit from the Army Seva Vanitha Unit and a separate stationery pack, worth Rs. 3,000.00 together with a bank deposit of Rs. 2,000.00 from the Bank of Ceylon were awarded to 39

students who have passed the G.C.E (Advanced Level) examination and qualified for the university entrance in 2021.

The event culminated with awarding mementoes for the Bank of Ceylon representatives, in appreciation of the contribution to the success of the project. Major General C D Weerasuriya RWP RSP ndu Chief of Staff, Major General D G S Senarath Yapa RWP RSP ndu Deputy Chief of Staff, Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Adjutant General, Senior Officers, senior members of Army Seva Vanitha Unit, Officers and Other Ranks and beneficiaries with families attended the awarding ceremony.



THE UNBREAKABLE OATH...



Everybody in their life
take the sworn in either in school or when
assuming a new position as a citizen.
How may ever we made the oath,
there are places where it breakes.

Also, the soildiers do sworn in.

But their oath is different.

That oath is to protect the motherland from all forms of visible and invisible enemy

Only the War Heroes protected this oath lifetime

The promise they gave was never be broken...

