

State Minister of Defence Visits to Security Force Headquarters (Mullaitivu)

Honourable Premitha Bandara Tennakoon, State Minister of Defence visited the Security Force Headquarters (Mullaitivu) on 04 September 2023. Major General M K Jayawardana RSP VSV USP ndu, Commander, Security Forces (Mullaittivu) warmly welcomed the State Minister of Defence amid greetings.

Honourable Premitha Bandara Tennakoon, State Minister of Defence during his visit, inspected Battalion Training School – Nandikadal and underlined the importance of reviving the National Cadet Corps (NCC) for the benefit of the country in the future. Major General M K Jayawardana RSP VSV USP ndu, Commander, Security Forces (Mullaitivu) symbolically handed over the document to inaugurate the National Cadet Corps (NCC) Training wing in Mullaitivu to Honourable Premitha Bandara Tennakoon, State Minister of Defence during a brief ceremony held at the premises. Also, the State Minister of Defence did not forget to share his thoughts with the troops deployed in Security Forces (Mullaitivu).











Lieutenant General
H L V M Liyanage RWP RSP ndu,
Commander of the Army made
his maiden visit to the Regimental
Centre of the Sri Lanka Corps
of Military Police (SLCMP) at
Polhengoda on 01 September
2023.

Commander of the Army was warmly welcomed by Major General A C A de Zoysa USP Hdmc Lsc, Provost Marshal of the Sri Lanka Army and Colonel Commandant of Sri Lanka Corps of Military Police, together with Brigadier H M S I Senarath, Centre Commandant Sri Lanka Corps of Military Police according him with a Guard Turnout at the entrance.





During his visit, Commander of the Army unveiled a statue of Napoleon Bonaparte and declared open the Warrant Officers' and Sergeants' Mess located in the Regimental Centre, Sri Lanka Corps of Military Police. Sri Lanka Corps of Military Police extended their expertise and manpower for the project. After that, the Commander of the Army addressed all Officers and Other Ranks presented highlighting the importance of maintaining the dignity of the profession and discipline during difficult times. Further, he appreciated the troops for performing their duties effectively and efficiently to save the motherland.

'COLOURS NIGHT 2023' RECOGNISES SPORTS AND ATHLETIC SKILLS OF SLCMP





'Military Police Colours Night-2023', was held on 01 September 2023 in appreciation of sportsmen and sportswomen of the Sri Lanka Corps of Military Police (SLCMP) who performed exceptionally well in International, National, Defence Services and Inter Regiment sports and athletic events at the auditorium, Ministry of Mass Media.

Lieutenant General HLVM Liyanage RWPRSP ndu, Commander of the Army graced the event as the Chief Guest adding colour to the vibrant event at the invitation of Major General A C A de Zoysa USP Hdmc Lsc, Provost Marshal of the Sri Lanka Army and Colonel Commandant of Sri Lanka Corps of Military Police. 37 sportsmen and sportswomen of Sri Lanka Corps of Military Policewho who had made outstanding achievements were also symbolically awarded Colours during at the occasion.

Major General W A S S Wanasinghe RSP VSV USP ndu, Chief of Staff of the Army, together with Major General C D Ranasinghe RWP RSP, Deputy Chief of Staff of the Army, Major General D M K D B Pussella RWP RSP, Commandant, Sri Lanka Army Volunteer Force and Major General A C A de Zoysa USP Hdmc Lsc, Provost Marshal of the Sri Lanka Army and Colonel Commandant of the Sri Lanka Corps of Military Police participated in the dazzling 'Military Police Colours Night-2023'.



Logistics Command Introduces 'Trade Test Management System'

The Sri Lanka Army Logistics Command Headquarters launched its newly-designed official webpage and 'Trade Test Management System' web application on 05 September 2023 during a ceremony at Army Headquarters. Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army graced the event as the Chief Guest.

Following the conceptual guidance of Commander of the Army and the supervision of Major General SPAIMB Samarakoon Hdmc Lsc, Commander, Army Logistics Command together with the technical officers of the Directorate of Information Technology designed the new webpage and 'Trade Test Management System' software application within a short period.

The webpage displays the history of logistics, chain of command, training and seminars, contact information and all other details, associated with the Logistics Command.

Trade Test Management System' software application distributed among all regiments in the Army maintains records relevant to trade tests and updated information, through which all Army tradesmen will have access to required information in terms of their specific trades and work involvement. The new technical additions would ensure the smooth administration and conduct of logistics needs of the logistics command and provide particulars, related to tradesmen and different trades in the Army.



COMMANDER OF THE ARMY GRACES AWARDING CEREMONY IN RCEL SEMINAR



The certificate-awarding ceremony of the 'Royal Commonwealth Ex-Services League (RCEL) and Safeguarding and Governance' Seminar was held on 14 September at Cinnamon Lakeside Hotel, Colombo. Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army graced the event as the Chief Guest.

Representative officers of the UK Royal Commonwealth Ex-Services Association conducted the seminar.Representing 10 countries from the Asian and African region, officers of the Ex-Servicemen's Association, participated in the two-day seminar. Sri Lanka Ex-Servicemen's Association organised the seminar.

The Royal Commonwealth Ex-Services League (RCEL) provides welfare support for ex-servicemen and women of Commonwealth countries who had served in the British Crown.

The Royal Commonwealth Ex-Services League (then called the British Empire Services League) was founded in1921 at the Empire Conference in Cape Town, South Africa.

Today, RCEL relies on the help of 49 member organisations (representing 46 countries) to assist in the distribution of welfare grants to veterans and widows.



High Commissioner of New Zealand Pays Courtesies to Commander of the Army





The High Commissioner of New Zealand for Sri Lanka, His Excellency Michael Appleton paid a courtesy call on the Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, at the Army Headquarters on 06 September 2023. During this cordial exchange of views at the Commander's Office, both discussed matters of mutual interest and concern for their respective countries and His Excellency Michael Appleton recalled prevailing bonds of goodwill, cooperation and understanding that have existed between the two nations over the years.

KDU's New Vice Chancellor Meets Commander of the Army



Rear Admiral H G U Dammika Kumara VSV USP psc MMaritimePol BSc (DS), the newly-appointed Vice Chancellor (VC) at Kotelawala Defence University (KDU) paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army on 14 September 2023.

During the cordial meeting, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army discussed the ongoing KDU training modules, proposed academic additions and the progress of the KDU in general and also extended his best wishes to the new appointee.



Pakistan High Commission's New Defence Advisor Meets Commander of the Army



The new Defence Advisor to the High Commission of Pakistan in Sri Lanka and Maldives, Colonel Muhammad Farooq psc Monday paid his first courtesy call on the Commander of the Army, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army at the Army Headquarters on 04 September 2023. The cordial meeting focused on general matters of concern and interest to both military organisations.



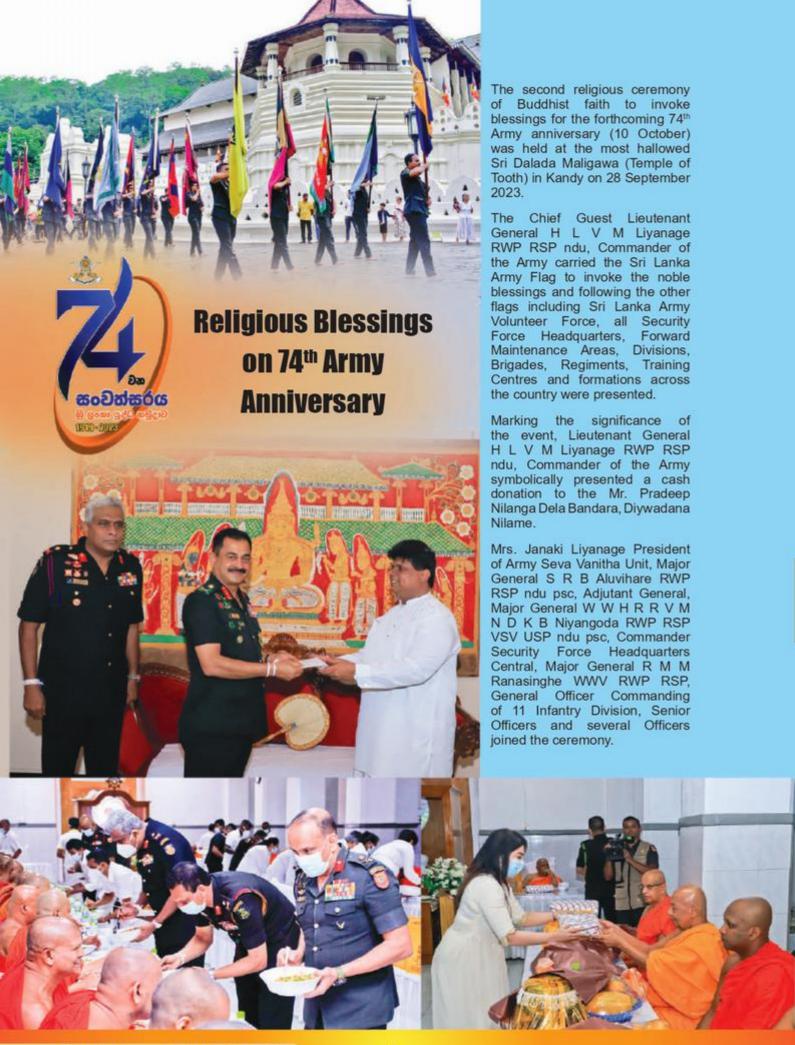
Outgoing Bangladesh Defence Attaché Meets Commander of the Army





Commodore M D Shafiul Bari (ND) psc BN Defence Attaché in the High Commission of Bangladesh for Sri Lanka paid his courtesy farewell call on Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army at his office in the Army Headquarters on 22 September 2023.

The outgoing envoy during the cordial meeting expressed his gratitude to the Commander of the Army for the cooperation and goodwill, extended during his tenure in Sri Lanka. Further, he recalled longstanding relations between Bangladesh and Sri Lanka and bonds of goodwill and ties. The meeting culminated with the exchange of mementos.



Invoking the religious blessings for the forthcoming 74th Army anniversary (10 October) of the Sri Lanka Army took place at the sacred Anuradhapura Jaya Sri Maha Bodhi premises with the participation of distinguished military profiles and representatives on 27 September 2023. Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army graced the inaugural religious segment of the anniversary programmes as the Chief Guest.

Most Venerable Dr. Pallegama Hemarathana Nayaka Thero, Chief Incumbent for all eight places of worship (Atamasthanadhipathi) conducted the Buddhist religious prayers and invoked noblest blessings for the Army Flags presented representing the Army Headquarters, the Volunteer Force Headquarters, all Security Force Headquarters, Divisions, all Forward Maintenance Areas, Brigades, Regiments, Units and Army Training Schools amidst the 'Seth Pirith', and sprinkled jasmine water.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army also made a special







cash donation for the development of the sacred place at the premises to the Atamasthanadhipathi, Most Venerable Dr. Pallegama Hemarathana Nayaka Thero at the same occasion and then after inaugurated the newly-constructed special guard booth.

Venerable Aethala watunu wawe Gnanathilake Thero, Incumbent of Ruwanweliseya, Venerable Welihene Sobhitha Thero, Incumbent of Mirisawetiya Viharaya, Venerable Kahalle Gnanarathana Incumbent of Thuparamaya, Venerable Dr. Kallanchiye Rathana Thero, Incumbent of Abhayagiriya, Venerable Nugathanne Pagnananda Thero, Incumbent of Jayanthi Viharaya, Chief of Staff, Commandant Sri Lanka Army Volunteer Force, Principal Staff Officers, Security Force Commanders, Directors, Senior Officers and several Officers participated in the religious programme.

Commander of the Army Visits War Heroes at 'Abhimansala-I'





Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army interacted with War Heroes at 'Abhimansala-I', Anuradhapura on 28 September 2023 in appreciation of their incomparable gallantry and sacrifices they made in the battlefield before May 2009.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, together with Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit and several Senior Officers visited the wards and inquired the wellbeing of the differently abled War Heroes and awarded them with a gift parcels. Before the departure, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, also extending his generosity and solidarity, towards those differently abled War Heroes, joined lunch with differently abled War Heroes at 'Abhimansala-I'.

Major General W A S S Wanasinghe RSP VSV USP ndu, Chief of Staff, Major General D M K D B Pussella RWP RSP, Commandant of Sri Lanka Army Volunteer Force, Principal Staff Officers, Commanders of Security Forces, Director Rehabilitation, Commandant of 'Abhimansala-I' and several Senior Officers were also present at the occasion.



EX-SERVICEMEN PIN 'Poppy' Flower



A group of representatives of the Sri Lanka Ex-Servicemen's Association (SLESA) pinned a Poppy flower on Lieutenant General H L V M Liyanage RWP RSP ndu the Commander of the Army, at the Commander's office in parallel with the forthcoming Poppy Day that recollects memories of all fallen War Heroes on 19 September 2023.

Major General W G M U R Perera (Rtd) USP, Chairman, SLESA pinned the poppy flower on the Commander of the Army, symbolising the commencement of this year's anniversary. The Commander of the Army, while sharing his views with the members of Ex-Servicemen's Association made a monetary donation to the Poppy Fund.

Brigadier A H Liyanage (Rtd), Chairman of the Poppy Committee, Lieutenant Colonel A K Siyambalapitiya (Rtd) psc Lsc, Secretary of SLESA, Major P K C S Kankanamge (Rtd) USP along with several other members of the Poppy Committee joined the occasion.

Poppy Day is commemorated every year on the second Sunday in the month of November across the world including all Commonwealth member states since the end of the World War I to honour the sacrifices of members of the Armed Forces who had laid their lives in the line of duty.



TEN MORE SENIOR OFFICERS PROMOTED TO THE RANK OF MAJOR GENERAL

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, presented symbols of authority to newly promoted Major Generals of the Army at the Commander's Office on 13 September 2023.

Major General A K Rajapaksa RSP Commander, Forward Maintenance Area (North Central), Major General G A Munasinghe RSP ato Director General of Directorate of Ordnance Services, Major General K V N P Premaratne RSP USP psc General Officer Commanding of 23 Infantry Division, Major General U K D D P Udugama RWP RSP USP ndc psc Commandant of Army War College, Major General P R Pathiravithana USAWC psc Director General of Staff Duties, Major General D P Welagedara RSP USP psc IG Military Liaison Officer of Ministry of Defence, Major General K A W N H Bandaranayake USP General Officer Commanding of 14 Infantry Division, Major General M P K Madurapperuma RSP USP psc Director General of Real Estate and Quartering thus received symbols of authority assuring that all of them would further commit and perform duties with enhanced courage. After cordial interactions and greetings, the Commander of the Army presented symbolic General's sword to the new two-star Generals to signify their new authority.



Further, Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army also presented symbols of authority to Major General M T I Mahalekam WWV RWP RSP USP ndu psc Commandant of Sri Lanka Military Academy and Major General K A N Rasika Kumara psc who is currently following the National Defence College (NDC) Course to the next rank and granted the symbols of authority on 25 September 2023.





Warrant Officer I, B L Nadeeka Lakmali of Sri Lanka Army Women's Corps, a well-known javelin throw athlete, who brought credit to the organisation and the country was commended by Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army on her retirement inviting her to his Office.

During the cordial meeting, the Commander of the Army commended her for exceptional achievements she bagged in athletics during her 23 years of service in the Army and also inquired about her future plans and prospects while wishing her good luck for her future endeavours. Towards the end of the interaction, the Commander of the Army presented a special memento to Warrant Officer I B L Nadeeka Lakmali.



Further, she has also became the national champion in 2005, 2006, 2007,2008 and 2019 and 2023 at National Sports Festival and champion in 2007, 2008, 2009, 2010 and 2012 at Defence Services Championships in the event of javelin throw.







Educative Lecture on Legal Aspects at Security Forces (West)

As per directions of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army, Directorate of Training in collaboration with the Directorate of Legal organised thought- provoking lecture on legal matters with the objective of educating Officers and Other Ranks on service on 20 September 2023 at the Panagoda cantonment indoor stadium.

During the awareness programme, Mr. Kaushalya Nawaratne, President, Bar Association of Sri Lanka, Ms Priyani Rathnayaka, Senior Attorney at Law, Mr. Janaka Bandara, Deputy Solicitor General, Mr. Shavendra Fernando, President's Counsel, Mr. Amal Randeniya, Senior Attorney at Law and Mr. Gamini De Alwis, Senior Attorney at Law delivered lectures on the subject of 'Divorce Law', 'Offences Committed in Cyberspace', Criminal Defamation and Relevant Amendments to the Existing Laws', Terrorism Act and Emergency Regulations', 'The Laws Relating to Dissolving the Protests under the Criminal Procedure Code', 'Laws Relating to Domestic Violence' and Laws Relating to Dangerous Drugs Ordinance Rehabilitation of Drugs Addicted Persons'.

Lieutenant General
H L V M Liyanage RWP RSP ndu,
Commander of the Army also
joined the audience during the
lecture. More than 150 Officers and
850 Other Ranks serving at Army
Headquarters and the Security Force
Headquarters (We) participated in
the programme.



The Sri Lankan delegation, headed by Major General W A S S Wanasinghe RSP VSV USP ndu Chief of Staff of the Army visited the United Nations Interim Force in Lebanon (UNIFIL) HQ and formally met the Deputy Force Commander (DFC), Brigadier General Chok Bahadur Dhakal on 6 September 2023.

During the courtesy visit, the DFC in UNIFIL told the Sri Lankan delegation that the UNIFIL was pleased about the role and tasks, being played by the Sri Lankan contingent in Lebanon and highlighted the significance of the contingent duties for peace-keeping since Sri Lankan troops are well-trained, highly skilled and ready to take on any challenge.

Major General W A S S Wanasinghe RSP VSV USP ndu Chief of Staff of the Army extending courtesies thanked the UNIFIL for the confidence

SRI LANKAN DELEGATION VISITS LEBANON



they have placed in the Sri Lankan troops. He also explored possibilities of increasing the numbers in the Sri Lankan contingent in future.

The Sri Lankan delegation, headed by the Chief of Staff of the Army is comprised of Major General M G W W M M C B Wickramasinghe RWP RSP ndu psc Director General General Staff of the Sri Lanka Army, Colonel P P C Perera Colonel Overseas Operations at the Directorate of Overseas Operations and Lieutenant Colonel D P L T Kaluaggala, Contingent Commander of the 14th contingent of the Sri Lanka Force Protection Company (SLFPC) serving the UNIFIL.

UNIFIL MEDAL PARADE IN LEBANON APPRECIATES SRI LANKAN CONTINGENT

The ceremonial medal awarding parade of the 14th Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL) was held at Soedirman camp in Greenhill at the UNIFIL HQ premises in Naquora on 6 September 2023.

Major General W A S S Wanasinghe RSP VSV USP ndu Chief of Staff, Sri Lanka Army, Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc Director General General Staff, Sri Lanka Army and Colonel P P C Perera, Colonel Overseas Operations at the



Directorate of Overseas Operations in the Army participated in the event representing the Commander of the Army.

This UNIFIL medal is presented to peacekeepers in recognition of the services, rendered to the maintenance of peace in Lebanon having completely fulfilled all the requirements for eligibility and also having completed the necessary period of qualifying service as a military member in UNIFIL.

BELLATOR

SEPTEMBER 2023

'ARMOURY SEALED & 'YUDABIME KURUTU GEE' LAUNCHED

'Aamariya Sealed' (ణంకించి మిల్లే) and the collection of graffiti, 'Yudabime Kurutu Gee' (ణండింతి ఇంగు తె) books, authored by Lieutenant Colonel E AA Edirisinghe, editor-in-chief of the Army 'Ranaviruwa' magazine at the Directorate of Psychological Operations at the Army Headquarters were launched on 7 September 2023 during a simple ceremony at Mahaweli Centre, Colombo 07 in the presence of a gathering of military Officers and other invitees, inclduing Major General C D Ranasinghe RWP RSP Deputy Chief of Staff of the Army.





After a brief welcome, the author of both the books enlightened the audience about both books and explained what stimulated him to compile this short stories and the book of graffiti verses, which were compiled and left by Army soldiers who actively contributed to the successful culmination of the humanitarian operations in the battlefield before May 2009. The author's close research and findings after visiting old bunkers and other associated places soon after the war ended, enabled the author to produce those two books of immense interest and help to the Army.

After a while, he presented the maiden copy of his books to Major General C D Ranasinghe RWP RSP and other invitees. The elegant prose is comprised of 22 true stories that had occurred in the battlefield. Lieutenant Colonel E A A Edirisinghe has authored 8 books, related to the separatist war history and effective contribution of the





Army to eradicate the terrorism. A gathering of Senior Officers including Major General D M K D B Pussella RWP RSP, Commandant, Sri Lanka Army Volunteer Force, Officers and invitees were there to extend greetings to the author.







Captain S W M Saliya Upul Aladeniya PWV

Major General DM K D B Pussella RWP RSP Commandant, Sri Lanka Army Volunteer Force together with distinguished officers laid the foundation stone for the 'Kokavil War Hero' monument at Sri Lanka Army Volunteer Force (SLAVF) Headquarters in Kosgama on 14 September 2023.

The 'Kokavil War Hero' monument is raised at the Sri Lanka Army Volunteer Force (SLAVF) Headquarters premises in Kosgama as a lasting tribute to the late legendary War Hero, Captain S W M Saliya Upul Aladeniya PWV of the Sri Lanka Sinha Regiment, who had earned the 'Parama Weera Vibhushanaya,' highest gallantry medal in the Sri Lanka Army.

The act of gallant performed voluntarily by Captain S W M Saliya Upul Aladeniya PWV of the Sri Lanka Sinha Regiment, in the face of the adversary with no regard to the risk of his own life for with the objective of safeguarding the lives of his comrades on 06 June 1990 in Kokavil Camp is written in golden letters in Sri Lankan military history.

Captain S W M Saliya Upul Aladeniya PWV of the Sri Lanka Sinha Regiment also entered the Sri Lanka military history as the maiden recipient officer of the 'Parama Weera Vibhushanaya'; the highest military decorations awarded posthumously for an individual acts of gallantry and bravery. Further, he was posthumously promoted from Second Lieutenant to Captain by two ranks at once for the first time in military history in Sri Lanka in appreciation of his innumerable dedication and sacrifice for the motherland.

Major General DMKDB Pussella RWPRSP Commandant, Sri Lanka Army Volunteer Force by Major General MTKR Silva KSP Deputy Commandant, Sri Lanka Army Volunteer Force, Officers and Other Ranks of Sri Lanka Army Volunteer Force participated in the simple ceremony.





An Inspiring One Day Workshop on "Satisfied and Valorous Force"

The Directorate of Psychological Operations organised this inspiring one day workshop to prevent the soldiers from being engaged in the various illegal activities such as drug trafficking, weapon smuggling, financial frauds and online-money scams under the prevailing economic constraints.







An inspiring one day workshop was conducted under the theme of "Satisfied and Valorous Force" with the conceptual layout of the Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army and the supervision of Directorate of Psychological Operations on 15 September 2023 at 1 Corps, aiming to enlighten the soldiers to prevent engaging them in the illegal activities. Brigadier K M P S B Kulatunga RSP ndc psc Director of Psychological Operations delivered the welcome note, formally opening the session explaining the aim of the workshop to the audience. Then, Lieutenant Colonel Hemantha Rathnayaka GSO I, educated the audience further on "Fostering the Resilient Force through Psychological Empowerment" and Major M H M S Sachith Bandara Lsc GSO II enlightened the audience on "Courageous Soldier". 21 Officers and 573 Other Ranks enthusiastically witnessed the lecture physically while 363 Officers and 7529 Other Ranks virtually joined the lecture covering 300 locations through zoom technology.



COURTESY CALLS OF FOREIGN DELEGATIONS



Lieutenant Colonel Anthony Nelson, Senior Defence Official/ Defence Attaché and Mr. Seth Nevins, Assistant Defence Attaché of the US Embassy in Sri Lanka made a courtesy call to the Security Force Headquarters (Jaffna) on 23 August 2023.

The delegation met Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc the Commander, Security Forces (Jaffna). During the cordial meeting, the Commander and visitors exchanged views on civil-military cooperation, social welfare projects, security concerns, development assistance, nation-building tasks and other general matters in the Jaffna peninsula. Brigadier General Staff of the Security Force peadquarters (Jaffna) was also associated with the discussion.

The Deputy Head of Mission, Mr. Oliver Praz and the First Secretary (Political), Mr. Justine Boilliat of the Embassy of Switzerland in Sri Lanka met Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc, Commander, Security Forces (Jaffna) and held a discussion on 23 August 2023 at the Security Force Headquarters (Jaffna) premises.

The discussion was specially focused on reconciliation, development, assistance to agriculture, security, and other general matters of concern.

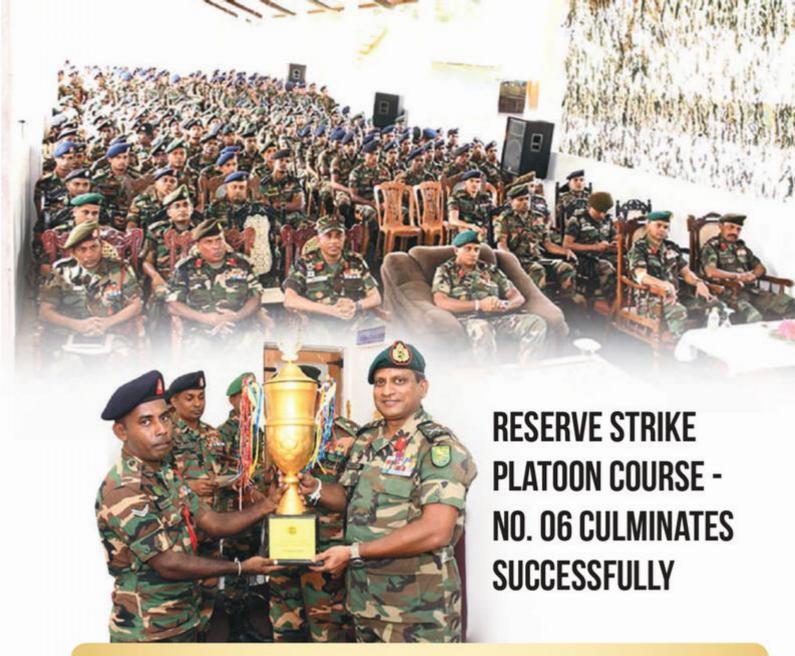






55 INFANTRY DIVISION RELEASES LAND IN KILINOCHCHI DISTRICT

In line with the government's directive and on the instructions of the Commander of the Army, Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc, Commander, Security Forces (Jaffna) officially handed over a land patch of 1 acre 3 roods and 10.52 perches in Anandapuram, Kilinochchi, to Mrs. Rupawathi Ketheeswaran, District Secretary for Kilinochchi on 14 September 2023 during a simple ceremony. The released land was being used by the troops for operational requirements in Kilinochchi.



Reserve Strike Platoon Course - No. 06 which was successfully held at the Battalion Training School at Pompemadu under the directions of Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander, Security Forces (Wanni), successfully culminated on 20 September 2023.

10 platoons comprised of 05 Officers and 175 Other Ranks, representing 21, 54, and 56 Infantry Divisions undercommand to Security Forces (Wanni) participated in the Reserve Strike Platoon Course - No. 06.

The curriculum of the course included lectures and practical sessions on handling GPS, unarmed combat (UC), VIP/ VVIP protection, the marksmanship package (handling of weapons with live firing), search and rescue operations, rules of engagement (ROE), Special Operation Procedures, Internal Security (IS) duties, and the Basic Swimming package. Major General W P A D W Nanayakkara RSP VSV USP ndu Commander, Security Forces (Wanni), delivered the closing remarks of the course. General Officer Commanding, 56 Infantry Division also participated in the simple ceremony.

Among the accolades, the title of Best Platoon was bestowed upon the 3rd Armoured Regiment, for their exemplary teamwork and discipline. Lieutenant K B E H R Keppetiyagoda of Vijayabahu Infantry Regiment (VIR) was recognised as the Best Platoon Commander, showcasing exceptional leadership skills.

Corporal Piyarathna S P N J from 17 (V) Sri Lanka Light Infantry (SLLI) was honoured as the Best Section Commander, as a reflection of his exceptional command over his unit. Lance Corporal Herath H M S A of 12 (V) Vijayabahu Infantry Regiment emerged as the Best All-Round Soldier, embodying excellence in every facet of military service. Corporal Subasinghe from 17 (V) Sri Lanka Light Infantry was chosen as the Best Shooter, demonstrating precision and marksmanship while Staff Sergeant Bandara G W S A from 2 Mechanized Infantry Regiment clinched laurels for his unmatched physical ability.

SEPTEMBER 2023 BELLATOR

CANADIAN HIGH COMMISSION DELEGATION VISITS SECURITY FORCE HEADQUARTERS (EAST)

A delegation from the High Commission of Canada in Colombo paid a courtesy visit to Security Force Headquarters (East) on 18 September 2023 with the intention of commencing 'Readiness Programme Outreach' in the Eastern



Major General M K U P Gunaratne RSP ndu psc IG Commander, Security Forces (East) warmly welcomed Mr. Harsha Senanayake, Security/Readiness Programme Officer and Mr. Ron Bebusschere of Military Police Security Services of Canadian High Commission to the premises. The aim of the visit was to foster collaborative partnerships and ensure optimal mission preparedness among all stakeholders while establishing a strong network.



COMMANDER, SECURITY FORCE
HEADQUARTERS (EAST) MEETS THE
TROOPS IN 22 INFANTRY DIVISION



Major General M K U P Gunaratne RSP ndu psc IG newly appointed Commander Security Forces (East) made his maiden field visit to the 22 Infantry Division in Trincomalee and its undercommand Infantry Brigades from 31 August to 01 September 2023.

Accordingly, on 31 August 2023 he visited the 22 Infantry Division Headquarters and Major General G M N Perera RWP RSP USP ndu, General Officer Commanding, 22 Infantry Division warmly welcomed the Commander Security Forces (East) to the premises according him with a colourful Guard Turnout at the entrance. Further, General Officer Commanding, 22 Infantry Division briefed the role, tasks, and responsibilities of the 22 Infantry Division to the Commander Security Forces (East).

Later, Commander Security Forces (East) visited 221 Infantry Brigade and 2 (V) Gajaba Regiment, the same day.

On 01 September 2023, Commander Security Forces (East) met Mr. Chaminda Hettiarachchi, Government Agent (Trincomalee), Chief Secretary Mr. R M P S Rathnayake, Mr. Debanjan Mukarji, Vice President of the IOC, Kurukkal Shanmuganatha, Chief Priest of Koneshwaram Hindu Temple and Mohomad Jawzinat Senior Maulavi of Al Duhul Mosque at the General Officer Commanding's Office before the departure. Commander, Security Forces (East) concluded his maiden visit officially after visiting 222 Infantry Brigade and 223 Infantry Brigades.



533 Infantry Brigade gifted a large stock of library books for the use of students at Anuradhapura Gantiringama Mahinda Maha Vidyalaya during brief ceremony organsied at school premises of on 15 September 2023.

The sponsorship for the charity programme was provided by representatives of Sydney Central Coast -the Sri Lankan Community of Australia, Mr. and Mrs. Palitha Adikaram and a few other donors at the request of Major General P G P S Rathnayake RWP RSP ndc General Officer Commanding, 53 Infantry Division, and Colonel A M S D B Adikari RSP Commander, 533 Infantry Brigade.



NEW HOME FOR A NEEDY FAMILY IN KILINOCHCHI

23



Troops of 2 Commando Regiment of the 1 Corps Headquarters located in Kilinochchi built a new home for a low-income family residing in Thirumurukkandi, Kilinochchi and warmed it to the beneficiary during a simple ceremony held on 31 August 2023.

Major General P G P S Rathnayake RWP RSP ndc Colonel of the Regiment of Commando Regiment and General Officer Commanding of 53 Infantry Division graced the house-warming ceremony as the Chief Guest.

The beneficiary, Mr. K Deeshwaran lived with one daughter and a son in a shelter thatched with coconut fronds without a permanent source of income with his walking difficulty caused by the recent knee surgery. Senior Officers, Officers and Other Ranks also took part in the event.

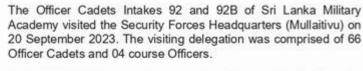
SEPTEMBER 2023 BELLATOR







OFFICER CADETS OF SRI LANKA MILITARY ACADEMY VISIT MULLAITIVU



Colonel M D S N Karunarathne psc Colonel General Staff of Security Forces Headquarters (Mullaitivu) conducted a comprehensive briefing on Mullaitivu area, and development of the Security Force Headquarters (Mullaitivu) together with its role and responsibility including and civil community projects to the Officer Cadets. Then after, Major General M K Jayawardana RSP VSV USP ndu Commander, Security Forces (Mullaitivu) shared few thoughts with them and exchanged the mementoes as a token of appreciation.

During the visit, the delegation witnessed the submarine area and the victory monument located in the Security Force Headquarters (Mullaitivu). Major General S Kasthurimudali RSP ndc psc General Officer Commanding (GOC) of the 68 Infantry Division also participated in the visit.



MAIDEN OFFICIAL VISIT OF COMMANDER SECURITY FORCES (WEST) TO 61 INFANTRY DIVISION

Major General U D Wijesekera RWP RSP USP rcds psc the Commander Security Forces (West), made a two-day field visit covering 61 Infantry Division Headquarters and its under command Brigades and Battalions on 07 and 08 September 2023.

Commander Security Forces (West) who visited 61 Infantry Division Headquarters in Boossa was warmly welcomed by the General Officer Commanding of 61 Infantry Division. After inspecting the 61 Infantry Division, Boossa he further extended his visit to 611 Infantry Brigade in Beragala 612 Infantry Brigade in Matugama, 613 Infantry Brigade in Kamburupitiya and 8 Sri Lanka Sinha Regiment. After the inspection, Commander Security Forces (West) addressed the troops and appreciated their service.





ANNUAL ESALA PERAHERA AT KOTAHENA SRI PARAMANANDA ANCIENT TEMPLE

The annual Esala Maha Perahera of Kotahena Sri Paramananda Ancient Temple was held in a splendor with the generous assistance of Security Forces (West) on 15 September 2023. Major General U D Wijesekera RWP RSP USP rcds psc the Commander Security Forces (West) participated in this sacred event, representing the Commander of the Army. Many Officers and Other Ranks joined to witness the annual Esala Maha Perahera of Kotahena Sri Paramananda Ancient Temple. The generous assistance for the annual Esala Maha Perahera of Kotahena Sri Paramananda Ancient Temple was extended by the troops of Security Forces (West) upon the request of Chief Incumbent of Kotahena Sri Paramananda Ancient Temple.

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SEPTEMBER 2023 BELLATOR

SLAGSC COLONEL COMMANDANT VISITS TRADE SCHOOL- KUTTIGALA





Major General W W H R R V M N D K B Niyangoda RWP RSP VSV USP ndu psc Commander, Security Forces (Central) and Colonel Commandant, Sri Lanka Army General Service Corps (SLAGSC), made his maiden visit to the Sri Lanka Army General Service Corps Trade Training School in Kuttigala on 8 September 2023 after the assumption of office as the Colonel Commandant, Sri Lanka Army General Service Corps.

After the comprehensive briefing on the Sri Lanka Army General Service Corps Trade Training School in Kuttigala by the Commandant, on various roles, responsibilities, training programmes, the courses offered and administrative matters, Commander, Security Forces (Central) shared few thoughts with the troops deployed in the school.

Concluding the inspection of camp compound and welfare facilities of the instructors and the students, and Colonel Commandant, Sri Lanka Army General Service Corps further checked the two farms belonging to 1 Sri Lanka Army General Service Corps and 2 (V) Sri Lanka Army General Service Corps. Addressing all ranks at the conference hall, he stressed several key factors, including importance of good discipline and the necessity for improving constant training, before his departure from the school premises.

MEDICAL EQUIPMENT DONATES FOR ARMY BASE HOSPITAL - DIYATALAWA

The troops serving undercommand to the Security Force Headquarters (Central) gifted a stock of medical equipment to the Army Base Hospital, Diyatalawa on 12 September 2023 under the guidance of Major General W W H R R V M N D K B Niyangoda RWP RSP VSV USP ndu psc Commander, Security Forces (Central).

Accordingly, hospital authorities received a large stock of medical equipment, inclusive of goggles, stethoscopes, infrared and tympanic thermometers, scissors, plastic trays, etc under the project.

'Silvia Foundation' in the United Kingdom, together with Sydney and members of Melbourne Hospital Service Board in Australia extended the donorship for that medical equipment through the coordination of Venerable Rajawalle Subhuthi Thero, Director, Sri Lanka Hospital Ambulance Service Association.

Brigadier W M S C K Wanasinghe RSP USP Brigadier General Staff of Security Forces (Central), Lieutenant Colonel P H N H Perera Civil Affairs Officer of Security Forces (Central), Major K R A Perera USP Commanding Officer of Army Base Hospital, Diyatalawa, Officers and Other Ranks were present at the event.



FORWARD MAINTENANCE AREA (EAST) CELEBRATES ITS 29TH ANNIVERSARY

The 29th anniversary of the Forward Maintenance Area (East) was celebrated on 14 September 2023 in a series of programmes under the guidance of Major General M W T C Meththananda USP ndc Commander, Forward Maintenance Area (East).

Dharmapala Bosath Girls' Home of Department of Probation and Child Protection Services was cleaned and offered delicious lunch for 46 underprivileged children along with the school accessories during the anniversary celebrations. Meanwhile, a thorough clean-up was conducted on both sides of the lake embankment leading to the Minneriya temple, beautifying the sacred premises. On the anniversary day (September 14), a Guard of



Honour was accorded to Commander, Forward Maintenance Area (East). On the same day, a 'Bodhi Puja' ceremony was also conducted at the Somawathiya Temple, fostering a sense of unity and spirituality among the participant troops.

SPECIAL TAILOR-MADE COURSE FOR PRISON OFFICERS



Responding to a request made by the Department of Prisons, the Combat Training School (CTS) in Ampara conducted a 16-day long Special Refresher Course for Prison Officers following instructions of Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army.

The course comprised of various modules, related to personal discipline, leadership training and drills. 10 selected Prison Officers participated in the training representing all island-wide prisons. The certificate-awarding ceremony for course was held on 14 September 2023. Brigadier D R N Hettiarachchi RWP RSP USP Commandant of Combat Training School graced the event as the Chief Guest, together with Mr. Chandana Ekanayake, Additional Commissioner General of Prisons.

Prison Officer P D Perera achieved the first in order of merit in the Course. Senior Officers, Officers, Other Ranks and Mr. Kavinda Premawansa, Chief Jailor also took part in the event.

NEW WARRANT OFFICERS' AND SERGEANTS' MESS AT 24 INFANTRY DIVISION



The newly constructed Warrant Officers' and Sergeants' Mess in the 24 Infantry Division, was declared open by Major General W Chandrasiri RSP USP psc General Officer Commanding, 24 Infantry Division on 08 September 2023 at the Division Headquarters.

The dream of having a new Warrant Officers' and Sergeants Mess was accomplished with the collective efforts of former General Officer Commanding and present Major General W Chandrasiri RSP USP psc General Officer Commanding, 24 Infantry Division.

As the final segment of the ceremony, the General Officer Commanding planted a sapling in front of the newly constructed Warrant Officers' and Sergeants' Mess and added memories before he sat for a group photograph and attended a tea party.

The newly constructed Warrant Officers' and Sergeants Mess symbolises unity and offers a welcoming atmosphere for Warrant Officers' and Sergeants' Mess to relax and continue traditions. The Warrant Officers' and Sergeants' Mess is consist of modern amenities to improve the quality of life of the servicemen.

A DREAM HOUSE COME TRUE FOR A SLLI SOLDIER





A new house built at Alawaththegama, Rikillagaskada for a deserving soldier of 17 (V) Sri Lanka Light Infantry Regiment (SLLI) was warmed for the beneficiary on 04 September 2023 during a ceremony graced by Major General S R K Hettiarachchi RWP RSP VSV USP ndu psc Commander, Security Forces (Jaffna). The new house was constructed under the second segment of the housing project of Sri Lanka Light Infantry Regiment's (SLLI) for own troops and their families. The project was initiated under the conceptual layout of then Colonel of the Sri Lanka Light Infantry Regiment. The appreciation certificates were also awarded for the troops who extended their technical expertise and manpower to the project by the Commander, Security Forces (Jaffna) at the same occasion in appreciation of their effective and efficient service. Senior Officers, Officers and Other Ranks participated in the house-warming ceremony.

TRAINING TO WIN THE LIFE FOR DIFFERENTLY-ABLED WAR HEROES







The Royal Fernwood Porcelain Limited conducted a thought- provoking workshop on drawing in the porcelain items on 14 September 2023 at Suwasahana Wellnes Resort with the participation of permanently rehabilitating differently-abled War Heroes. The one day workshop was aimed to develop the creative skills of permanently rehabilitated differently-abled War Heroes at Suwasahana Wellnes Resort.

The programme was arranged under the instructions of Brigadier S C Ekanayake RSP Director, Directorate of Rehabilitation in close collaboration with Brigadier T S Balasooriya Commandant, 'Mihindu Seth Medura' and all other Commandants in respective wellness resorts. Commandant of Suwasahana Wellnes Resort, Officers and the Other Rank also joined the workshop.

DELICIOUS LUNCH FROM 513 INFANTRY BRIGADE TO SIVAPOOMI ELDERS' HOME

In line with the 28th Anniversary of 513 Infantry Brigade, the troops of 513 Infantry Brigade offered delicious lunch to the resident elderly parents at Sivapoomi Elders Home in Chundipuram on 23 August 2023. The charity project was launched following a conceptual notion of Commander, Security Forces (Jaffna) and the guidance of Major General S W B Welagedara RSP VSV General Officer Commanding, 51 Infantry Division.

Accordingly, 20 male and 36 female elderly people enjoyed lunch provided by the troops of 513 Infantry Brigade under the supervision of Brigadier M R Razick RSP Commander of the 513 Infantry Brigade. Subsequently the elderly



parents were entertained with the musical programme. At the end of the programme, a stock of essentials was also donated to the Sivapoomi Elders' Home.

HR & IHL ADVANCED COURSE AT IPSOTSL SUCCESSFULLY CULMINATES

The Human Rights and International Humanitarian Law (HR & IHL) Advanced Course No. 26 of the Sri Lanka Army commenced on 14 August 2023 at the Institute of Peace Support Operations Training Sri Lanka (IPSOTSL) in Kukuleganga and successfully culminated on 12 September 2023 during a brief ceremony.

The course, initiated by the Directorate of Human Rights and International Humanitarian Law (DHRIHL) was attended by 17 Army, 3 Navy and 2 Air Force Officers, representing Tri Services. Commander K E Buddhika of the Navy (1st place), Captain W G D Thathsara

of the Sri Lanka Army Service Corps (2nd place) and Lieutenant Commander H H R Prabath of the Navy (3nd place) were among the top-performing participants in the course. Major General S R B Aluvihare RWP RSP ndu Adjutant General, graced the certificate awarding ceremony of the Human Rights and International Humanitarian Law (HR & IHL) Advanced Course No. 26.

The primary objective of this course was to enlighten junior-level officers on Human Rights and International Humanitarian Law, its profound implications and humanitarian and legal aspects while providing alternative measures to prevent such violations.





52 INFANTRY DIVISION CELEBRATES 28th anniversary





The 52 Infantry Division proudly celebrated its 28th Anniversary following a series of programmes organised with the directions of Major General Y AB M Yahampath RWP RSP ndu psc the General Officer Commanding, 52 Infantry Division on 24 August 2023.

The anniversary celebrations declared open with the military traditions, according a Guard Turnout and Guard of Honour to the General Officer Commanding, 52 Infantry Division by the troops of 23 Battalion of Gamunu Watch. The troop address and all-rank lunch were also held with the participation of many Officers and Other Ranks after the sapling plantation programme. The anniversary programme culminated with a Musical Night staged in the premises on 25 August 2023.

51 INFANTRY DIVISION GIFTS RELIEF PACKS AMONG UDUVIL FAMILIES





Troops of the 51 Infantry Division with the financial support of the overseas-based military veteran, Major General Ravi Rathnasingham (Rtd) distributed 50 dry ration packs among the poverty-stricken villagers resided in Uduvil area in the Jaffna peninsula on 6 September 2023. The charity project was implemented under the guidance of Major General S W B Welagedara RSP USP ndc General Officer Commanding, 51 Infantry Division. Each dry ration pack, worth about Rs 5000.00 contained rice, dhal, potatoes, milk powder, salt, chili powder and other essential ingredients.

DONATION FROM 52 INFANTRY DIVISION FOR 28TH ANNIVERSARY

Extending the charity further in line with the 28th Anniversary of the 51 Infantry Division, series of programmes were held on 12 August 2023 in cooperation with Fonterra Company Ltd. Accordingly, Rs. 100,000.00 were donated for Palaly North GTM School, Ponnale Varadharaja Perumal School, Sangarathei Sinnamma School and Karthikeya School for development of their infrastructure facilities. Also, 200 students who participated in the event at Palaly North GTM School were entertained with refreshments. In addition, dry ration packs, each worth Rs 5000.00 were distributed among 100 underrivileged families residing in Selvapuram and Yogapuram areas. Major General S W B Welagedara RSP USP ndc General Officer Commanding of the 51 Infantry Division graced the event as the Chief Guest.



GENERAL OFFICER COMMANDING, 11 INFANTRY DIVISION MAKES HIS MAIDEN FIELD VISIT



Major General R M M Ranasinghe WWV RWP RSP General Officer Commanding, 11 Infantry Division, made his maiden field visit to 111 Infantry Brigade and 2nd Battalion Sinha Regiment based in Kandy area, under Security Force (Central) on 19 September 2023. Brigadier W M S Eragoda RWP RSP USP the Commander of 111 Infantry Brigade warmly welcomed the General Officer Commanding, 11 Infantry Division, and briefed on the role and tasks in detail. The General Officer Commanding commended the selfless service of the troops deployed in the area during his visit.

NAME PLAQUE OF SRI BHODHIRUKKARAMA TEMPLE DECLARED OPEN

The name palque of Sadaham Mandiraya (sermon hall) of Sri Bhodhirukkarama Temple was declared by Brigadier K V N P Premarathne RSP USP General Officer Commanding, 23 Infantry Division on 25 August 2023.

Major General S Hettiarachchi then the Commander, Security Forces (East) laid the foundation stone for the Sadaham Mandiraya (sermon hall) and tunnel museum of Sri Bhodhirukkarama Temple on 09 March 2023 located in Alahara- Polonnaruwa.



2 (V) GEMUNU WATCH BUILDS A NEW HOUSE FOR A DESERVED FAMILY



Troops of the 2 (V) Gemunu Watch (GW) of the 613 Infantry Brigade constructed a new house extending their, manpower, technical and engineering expertise for a deserving family in Wakwella, Galle. 'Everest' Sports Club provided the generous sponsorship for the project. Major General RAJN Ranasinghe RSP USP ndu General Officer Commanding, 61 Infantry Division handed over the key of the house to the beneficiaries - Mrs. K S K Perera and her family members who resided in Wakwella, Galle during the simple house warming ceremony held on 11 September 2023.

SEPTEMBER 2023 BELLATOR



ARMY SEVA VANITHA UNIT DISTRIBUTES DRY RATIONS AT PANAGODA

Army Seva Vanitha Unit conducted a dry ration pack distribution project at the Gymnasium in Panagoda under the patronage of Mrs. Janaki Liyanage President of Army Seva Vanitha Unit on 04 September 2023.

A total of 100 dry ration packs, containing essential dry rations, were distributed among 100 selected beneficiaries who are working at the Security Forces (West). The distribution project was carried out by the troops of the Security Force Headquarters (West) in collaboration with the Army Seva Vanitha Unit, under the supervision of Major General U D Wijesekera RWP RSP USP rcds psc Commander Security Forces (West).











"VIRU SISU PRADEEPA" SCHOLARSHIP PROGRAMME OF ARMY SEVA VANITHA UNIT

A scholarship awarding programme for the 51 children of retired or deceased Army personnel, who excelled in the Grade 5 scholarship examination in the year 2021, was successfully held under the patronage of Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit on 11



September 2023. Under the first phase of the programme, 191 students were awarded scholarships along with a bank deposit of Rs 25,000.00 with school accessories.

Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit donated a hearing aid to the sister of a Warrant Officer I Ariyadasa J M J R of Sri Lanka Signal Corps and Rs. 300000.00 for construction work of the house of Corporal Amarasinghe K D P of Gajaba Regiment during the programme. Mrs. Omila Jayawardena the President of Sri Lanka Sinha Regiment Seva Vanitha Branch handed over financial incentives for the Army Seva Vanitha Unit at the same occasion as an encouragement and an appreciation for the generous service continued by the Army Seva Vanitha Unit.







MEGA WELFARE PROJECT FROM SRI LANKA SINHA REGIMENT SEVA VANITHA BRANCH

A mega distribution project was held for the children of the Sri Lanka Sinha Regiment families, injured War Heroes, spouses under the patronage of Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit on 02 September 2023. Mrs. Janaki Liyanage, President, Army Seva Vanitha Unit graced the event as the Chief Guest at the invitation of Mrs. Omila Jayawardena the President of Sri Lanka Sinha Regiment Seva Vanitha Branch.

School accessories were distributed among 100 students, ten crutches and a wheelchair were donated for disabled War Heroes while four sewing machines were donated for daughters and wives of fallen War Heroes encouraging their self-employment. Spectacles were also distributed among twenty-one civilians during the programme. The entire welfare project cost more than Rs. 2.5 million.

Colonel of the Regiment, Sri Lanka Sinha Regiment, Quarter Master General and Mrs. Omila Jayawardena President of Sri Lanka Sinha Regiment Seva Vanitha Branch, Officers and Other Ranks, parents, and recipients participated in this ceremony.



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SEPTEMBER 2023 BELLATOR

SRI LANKA ARTILLERY SEVA VANITHA BRANCH





The Sri Lanka Artillery Seva Vanitha Branch conducted a scholarship distribution programme for differently-abled children of War Heroes at the Regimental Centre, Sri Lanka Artillery on 17 August 2023.

Mrs. Chama Wanasinghe, Chairperson, Sri Lanka Artillery Seva Vanitha Branch with members joined the distribution project together with Major General W A S S Wanasinghe RSP VSV USP ndu Colonel Commandant of the Sri Lanka Artillery and Chief of Staff of the Army as a distinguished invitee.

VIJAYABAHU INFANTRY REGIMENT SEVA VANITA BRANCH





The 27th Annual General Meeting of the Vijayabahu Infantry Regiment Seva Vanita Branch was held under the guidance of Mrs. Himali Pussella, the President, Vijayabahu Infantry Regiment Seva Vanita Branch on 09 September 2023 at the Salute Hall at the Vijayabahu Infantry Regiment Regimental Centre.

A donation of school accessories for the children of 21 War Heroes and a financial donation worth of Rs. 30,000.00 were also made for Corporal Ranjith S P S who had his legs amputated above the ankle due to a terrorist anti-personnel mine during the humanitarian operation. Lieutenant Colonel H D C Silva RWP RSP USP psc delivered a thought-provoking lecture on 'Social Etiquettes' to all attendees during 27th Annual General Meeting of the Vijayabahu Infantry Regiment Seva Vanita Branch.

MECHANIZED INFANTRY REGIMENT SEVA VANITHA BRANCH



Mrs. Priyanga Wickramasinghe, the President of the Mechanized Infantry Regiment Seva Vanitha Branch gifted a financial donation to Corporal Ilangarathne R M L S B of the Mechanized Infantry Regiment who has twin children. Accordingly, a monthly deposit of Rs 10,000.00 facilitated by the Mechanized Infantry Regiment Seva Vanitha Branch to the bank account of the parents of the twins for a period of one year to support the upbringing of his newly born twins. Mr. Gajith Rajapaksha and Mrs. Kosala Ranaweera, in Australia, extended the financial generocity for the project.

COMMANDO REGIMENT SEVA VANITHA BRANCH

A programme for the distribution of exercise books and school accessories to the children of civil employees serving in the Commando Regiment (CR) took place on 09 September 2023 at center lecture hall of Ganemulla Commando Regiment Regimental. The distribution programme was organised under the guidelines of Mrs. Nimali Ranatunga, Chairperson, Commando Regiment Seva Vanitha Branch.

During this programme, exercise books and school accessories were shared among 160 school-going students of 99 civil employees. 21 students symbolically received those incentives on 09 September 2023.



Furthermore, a financial contribution was also made available to Lance Corporal Nissanka M A G whose house was completely destroyed by fire in the past. Major General P G P S Rathnayake RWP RSP ndc, General Officer Commanding, 53 Infantry Division and Colonel of the Regiment, Commando Regiment, Brigadier B M S K K Dharmawardana RWP RSP USP, Center Commandant, and Brigadier K V I L Jayaweera USP the Commander, Commando Regiment, Senior Officers, Officers and Other Ranks participated in the event.

THE MILITARY INTELLIGENCE CORPS SEVA VANITHA BRANCH





Members of the Military Intelligence Corps Seva Vanitha Branch undertook a visit to the 'Abhimansala - I' wellness resort in Anuradhapura, on 19 August 2023 intending to inquire about the welfare of War Heroes. During the visit, members of Military Intelligence Corps Seva Vanitha Branch presented each War Hero with a gift box containing essential sanitary items.

CORPS OF ENGINEER SERVICE REGIMENT SEVA VANITHA BRANCH





In line with the Corps Day of 14 Corps of Engineer Service Regiment, a thought-provoking lecture under the theme of 'A prosperous and harmonious marital relationship' was held at the 14 (V) Corps of Engineer Service Regiment on 11 September 2023. Mr. Helasiri Nawalage and Mrs. Jayangani Wijewardhana, conducted the inspiring lectures. Senior Officers, Officers, and Other Ranks participated in the event.

SEPTEMBER 2023 BELLATOR

SRI LANKA ARMY SERVICE CORPS SEVA VANITHA BRANCH

A blood donation programme was organsied at the 5 Sri Lanka Army Service Corps camp premises in Palali with the participation of more than 200 Army personnel, including Officers of the 5 Sri Lanka Army Service Corps of Forward Maintenance Area (North) on 26 August 2023. The blood donation programme was organised with the objective of fulfilling the blood shortage remains at the Jaffna Teaching Hospital.

The medical team, led by Dr M. Pradeepan, Dr R. Kannan and Mr Ravinadasa of the Jaffna Teaching Hospital extended the maximum support for the success of the programme. Mrs. Thushari Wanigasekara, the



Chairperson of Sri Lanka Army Service Corps Seva Vanitha Unit graced the event at the invitation of Lieutenant Colonel D M Jayasinghe, Commanding Officer, 5 Sri Lanka Army Service Corps. Mrs. Thushari Wanigasekara, Chairperson, Sri Lanka Army Service Corps Seva Vanitha Branch coordinated the blood donation programme.

SRI LANKA ARMY MEDICAL CORPS SEVA VANITHA BRANCH





An inspiring lecture on 'Positive Thinking for a Successful Life and Maintaining a Healthy Relationship to Balance Daily Office Work' was held at the Army Hospital auditorium on 16 September 2023 following the conceptual layout of Mrs. Nilmini Fernando, the Chairperson, Sri Lanka Army Medical Corps Seva Vanitha Branch.

Mrs. Oshadi De Silva delivered the lecture, at the invitation of the Chairperson, Sri Lanka Army Medical Corps Seva Vanitha Branch. More than 250 members of Sri Lanka Army Medical Corps Seva Vanitha Branch, Officers and Other Ranks attended the event. On the same occasion, a child of an Army family, sparing from her neurological complication received a laptop computer as an encouragement for her studies from Sri Lanka Army Medical Corps Seva Vanitha Branch.

SRI LANKA ARMY ORDNANCE CORPS SEVA VANITHA BRANCH



Following the schedule of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch in respect of the year 2023, 4 Sri Lanka Army Ordnance Corps offered a delicious lunch for the children at Child Care Centre Wattegama on 15 August 2023. In line with the same event, school accessories were also gifted to them.

SRI LANKA CORPS OF MILITARY POLICE SEVA VANITHA BRANCH





The 22nd Annual General Meeting (AGM) of the Sri Lanka Corps of Military Police Seva Vanitha Branch was held at Sri Lanka Corps of Military Police Regimental Headquarters with the participation of Mrs. Priyanthika De Zoysa the President, Sri Lanka Corps of Military Police Seva Vanitha Branch on 16 September 2023. During the 22nd Annual General Meeting, hearing aids were donated among the children who are suffering from hearing issues. In addition, Rs. 75000.00 was distributed among the families of children with special medical requirements. At the end of the 22nd Annual General, Dr. Chaminda Weerasiriwardane, a professional counsellor and psychotherapist conducted an inspiring lecture on 'Life Management' enhancing the capacity of attendees on life skills and self-management.



SRI LANKA ARMY GENERAL SERVICE CORPS SEVA VANITHA BRANCH

The new President of the Sri Lanka Army General Service Corps, Seva Vanitha Branch, Mrs. Himali Niyangoda took over duties on 21 August 2023 during a simple ceremony at the Sri Lanka Army General Service Corps Regimental Headquarters in Panagoda amidst warm greetings and best wishes. Senior members of the Sri Lanka Army General Service Corps Seva Vanitha Branch, Senior Officers, Officers and Other Ranks participated in the event.

SRI LANKA ARMY CORPS OF AGRICULTURE AND LIVESTOCK SEVA VANITHA BRANCH





A workshop on designing, marketing, and exporting handcraft was held on 09 September 2023 at the Sri Lanka Artillery Officers' Mess under the patronage of Mrs. Shanthi Abesekara, the President of Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch. The workshop was conducted under the fullest supervision of President, Army Seva Vanitha Unit and with the participation of Presidents of other Seva Vanitha Branches. Representatives of Department of Export Development Board, Ministry of Industry and Commerce, Sri Lanka Standards Institution, National Design and Fox Management School also attended the event.

SEPTEMBER 2023 BELLATOR

VIKUMPURA

Testimony of Unparalleled Humanitarian Assistance of Sri Lanka Army



Sri Lanka Army has not only undertaken the responsibility of defending the territory but also to safeguard all living beings, ensuring their comfort in diverse humanitarian ways while helping them to return the normalcy. The valorous forces have extended their sincere generosity to uplift the living conditions of internally-displaced people in the war- affected area with the termination of the war. The story of "Vikumpura" is one of a million welfare projects that the Sri Lanka Army had conducted to rebuild the broken Nation connecting the hearts separated with the armed conflict.

In the ominous shadow of 1984, the Mannar District was marred by a palpable fear that lingered at every doorstep of its modest thatched houses. Under the shroud of nightfall, civilians like Kundumani, Velayudan, Mohomad, Fathima, and Dharamdasa found themselves fervently praying for their lives, lamenting the dark cloud of war that had stolen their future prospects. With the relentless surge in terrorist activities, each person grappled with a harrowing internal struggle to evade the clutches of death. These terrorists, in their brutal quest, unleashed a reign of terror in every corner. They resorted to heinous acts, including senseless killings, unspeakable and horrifying acts of violation against innocent civilians. The burning of their properties further deepened the sense of despair and hopelessness among the affected populace.

This reign of terror left an indelible scar on the region, tearing at the fabric of reconciliation and religious harmony that had once bound the diverse ethnicities together. The very foundations of the country's stipulated civil law were violated, casting a long and dark shadow over the prospects of peace and unity.



Lieutenant General H L V M Liyanage RWP RSP ndu Commander of the Army

In the face of relentless and unbearable terrorist violence, numerous civilians in Mannar were compelled to abandon their homes, seeking refuge in other parts of the country. They embarked on this painful exodus, leaving behind the haunting memories of their oncebeloved hometown.



Mrs. Gunawathie Samaraweera

"... I was born in Adappan Village in Mannar. My father had a small business in Adappan. However, as a family we lived happily. I studied in the Sinhala College in Mannar. We had to leave our village and run in 1984 with the

unscrupulous terrorist attacks towards us" Mrs. Gunawathie Samaraweera explained her story recalling her scattered memory of the armed struggle.."

Upon the eventual termination of the war, these resilient individuals, yearning to reclaim their lives, returned to Mannar. However, their returning was met with a heartbreaking reality – instead of a warm welcome they had hoped for. Their cherished homeland, once a stronghold of terrorists, had been left eerily empty.

The innocent and helpless civilians faced with the daunting task of surviving a second war - a war to regain the lands they had lost. This grim situation emerged as a pressing issue of its time, casting a stark light on the enduring struggles of the people of Mannar.

In the midst of this heart-rending plight, a glimmer of hope emerged when the then Commander of the 542 Infantry Brigade, now the Commander of the Army, Lieutenant General H L V M Liyanage RWP RSP ndu, intervened. His guidance and benevolent support illuminated the path towards a brighter future for these distraught civilians, addressing their most pressing concerns.

Under his visionary leadership, steps were taken to construct the Narikadu Village, tackling head-on the urgent needs of these innocent civilians during their trying times. The internally displaced populace, long deprived of happiness and stability, finally found solace and a renewed sense of hope.

In a profound gesture of gratitude towards the Sri Lanka Army and Lieutenant General H L V M Liyanage, the villagers took the extraordinary step of renaming their village from Narikadu to Vikumpura. This act stands as a testament to the generosity and compassion of the then Commander of the 542 Infantry Brigade, now the Army Commander, entering the village Vikumpura into history as the second village to be established, following in the footsteps of Major General Janaka Perera's Janakapura.

During the tumultuous period from 1984 to 1985, Rathnamali Hall in Anuradhapura established as a good of hope for those who had been uprooted from their homes. It served as a refuge and a place of solace for countless displaced families who sought shelter during these troubled times.

Subsequently, all the residents of Rathnamali Hall in Anuradhapura were relocated to Ashokapura in Mihintale and Sandamal Eliya in Thanthirimale. This marked a significant transition for those who had once sought refuge within the halls of Rathnamali.

With the conclusion of the war, a wave of displaced civilians, including Sinhalese, Tamils, and Muslims from Mannar, began returning to their native villages. However, their return to home was met with a complex reality. While some fortunate individuals were able to reclaim their original lands, many faced a formidable challenge due to the absence of crucial documents, such as deeds, essential for claiming their rightful inheritance to the land. This hurdle added an extra layer of difficulty for these innocent residents as they embarked on the journey of resettlement. In 2009, seventeen determined families who had returned from Nochchiyagama embarked on a courageous endeavour to rebuild their lives within the Irattakulam area, situated in the Nattan Divisional Secretariat of Mannar. However, their path was fraught and misty with numerous challenges and obstacles.

The Grama Niladhari of the area, unfortunately, subjected their appeal and consequently, these families found temporary refuge in the Murrukan Royal Temple as they grappled with the harsh realities of displacement and uncertainty.

"....in 2010 when the war ended, we again returned the Murugan Village and resided at our relatives' home for about 6 months. We all were about 16 altogether with Mr Ransingha. The government officials ill-treated us forcing us to leave the area. We had been victimized with the terrorism and again we become victimised with this injustice..."

Mrs. Gunawathie Samaraweera, her eyes filled with tears, recounted the arduous journey endured by her family and many others. Their story touched the heart of the Present Commander of the Army, who had once served as the Commander of the 542 Infantry Brigade.

In an act of genuine compassion, he personally intervened, orchestrating the allocation of 10 acres of government land for these innocent civilians in the year 2012. This marked the inception of the Narikadu Village, where 54 plots of land were allocated to deserving families. Presently, the village boasts a harmonious blend of 50 Sinhalese families, 3 Tamil families, and one Muslim family, all living contentedly within its bounds.

Furthermore, these resilient families received a blessing in the form of foreign aid, which included the construction of 29 houses through Indian assistance and 20 houses through Australian aid.

"....This village is totally built by the Present Commander of the Sri Lanka Army. There is no village today, if he didn't assist us at our most difficult time as a caring father. Therefore, we changed the name



Village President Mr. M A Ranasingha

of the village, to his name as a tribute for his incredible humane assistance and care towards us. The present issue is that we don't have land to cultivate now.." "....We requested 6 acre land from Divisional Secretary. He promised to give us 10 acres orally. He did not give that promise. Last year nearly 0.325 million allocated for the proposed land however, with the objections of Forest Department, our attempt had failed. But I must tell that today this village and we are standing due to blessings of the Sri Lanka Army. If they did not look after us, we were buried long time ago.."

"...I am living here selling small items in my small boutique. All in the village suffer in same way. We do not have a proper income. We don't have paddy lands to



Mrs Bhawani

cultivate. By now we have 8 pipe wells but the water is inadequate. Water issue is the burning issue right now. Sri Lanka Army always helps us. There are two or three Tamil families. They are also peacefully living in the village too. I should say that Sri Lanka Army also helps them in the same way they do for us without any separation..."

Village President Mr. M A Ranasingha sharing his views further mentioned the real situation in detail. Joining the discussion, Mrs Bhawani a resident in the Vikumpura Village also shared her story with us and continued saying;

"...I'm living here nearly 10 years. The main problem that we have is poor water facility. We don't have adequate water facility for the village. Our children cannot go to school with the poor transport facility. There is no bus for the village. Army visits time to time and look into our requirements but nobody in the government did so much so far. When we need something, we call Sri Lanka Army..."

Mrs. K R Indrani Premalatha is also a resident of the Vikumpura Village. Her story is a sign of the reconciliation what the country is yearning for years.

The sentiments expressed by the inhabitants of Vikumpura serve as a powerful testament to the unwavering commitment of the Sri Lanka Army in facilitating the nation's recovery and reconstruction. Their words echo the profound impact of the Army's humanitarian efforts, which have played a pivotal role in restoring hope, stability, and resilience to the communities affected by conflict and displacement. Through dedication and compassion, the Sri Lanka Army has not only contributed to the physical rebuilding of homes and infrastructure but has also fostered a sense of unity and solidarity among diverse communities, reinforcing the nation's path towards recovery and renewal for a better Sri Lanka.



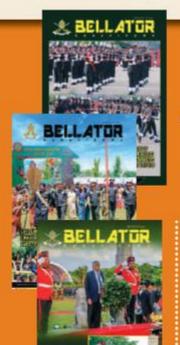
Written by Lieutenant Dilanka Gunathilaka Directorate of Media Translated by Captain Lakmali Kudaligama

EXERCISE KERIS AMAN 11 IN MALAYSIA



The Field Training Exercise - Keris Aman II 2023 was held with the participation of ten Officers and twenty six Other Ranks from Sri Lanka Army on 10 August 2023 in Malaysia. Around, 887 military participants from 21 different countries took part in the Field Training Exercise which has been mainly designed to train peacekeepers on Peacekeeping Operations (PKO).

Exercise 'Keris Aman II 202'3 is a joint collaboration among the Armed Forces of Malaysia (AFM) and the United Nations Indo-Pacific Command (USINDOPACOM) under the Global Peace Operations Initiative Programme (GPOI) of the United States, which was conducted in the Port Dickson area, Negeri Sembilan in Malaysia.



Share your thoughts with Bellator

If you have a story to tell Bellator, we would love to hear from you..!

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

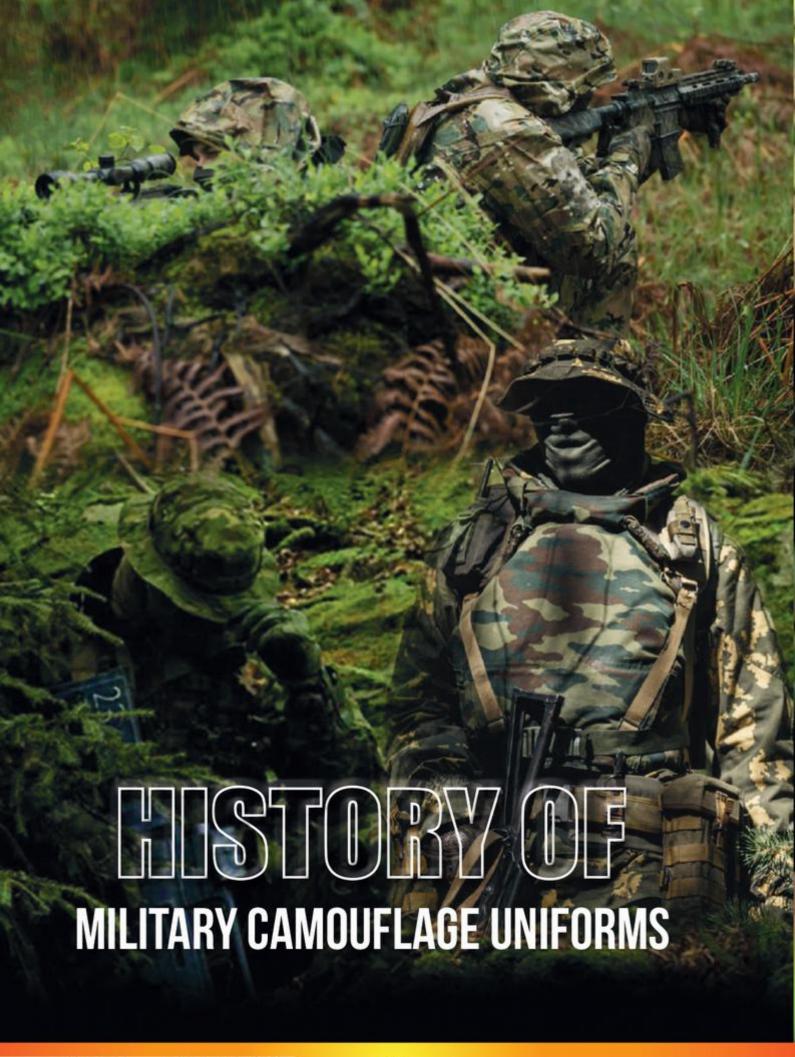
Send in your story to: ranaviruwa@yahoo.com

Your thought-provoking insights enrich our understanding, offering invaluable perspective. We reserve the right to accept or reject the letters, and to edit for length, clarity or style. Before you write in, we encourage you to get the permission via your respective chain of command.

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SEPTEMBER 2023 BELLATOR



The history of camouflage uniforms in the early 20th century is closely tied to the development of modern warfare and the need for effective concealment on the battlefield. The early 20th century saw the widespread adoption of camouflage techniques during World War I. French artist Lucien-Victor Guirand de Scévola is often credited with creating the first military camouflage patterns, known as "camouflets." These were used by French troops to conceal artillery positions.

During World War I, the British Royal Navy developed a form of camouflage known as "dazzle camouflage." This involved painting ships in bold, geometric patterns that disrupted the perception of speed, direction, and size, making them more challenging targets for enemy submarines. In the trenches of World War I, soldiers on both sides began to experiment with camouflage, using materials like burlap and paint to blend into their surroundings. This marked the early use of personal camouflage by infantry. These early attempts were often crude and based on observation rather than scientific principles. After World War I, there was a growing recognition of the importance of camouflage in warfare. Various countries began developing camouflage uniforms, equipment, and techniques.



The "Telo Mimetico" camouflage pattern, also known as "Italian camouflage," is a distinctive camouflage design used by Italian military forces before, during and after World War II. The Telo Mimetico pattern was introduced in 1929 by the Italian military. It was designed to provide effective concealment in a variety of environments, including woodland, desert, and urban settings. Telo Mimetico patterns typically featured irregular, geometric shapes in various shades of green, brown, and tan on a light background. The design was intended to break up the silhouette of the wearer and blend with different terrains. It was applied to uniforms, shelter halves, and equipment covers.

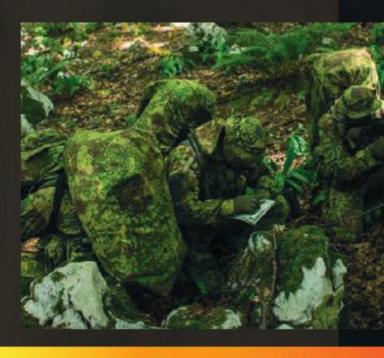
The "Splittertarnmuster" camouflage pattern, also known as "Splinter Pattern," was a distinctive and widely recognized camouflage design used by German military forces before and during World War II. This pattern was introduced in 1931. It is characterized by its angular and fragmented design, consisting of small irregular shapes in contrasting colors. The pattern's name, "Splinter Pattern," reflects the appearance of wood splinters. Initially, it featured colors such as light brown and dark green on a light background, but variations were introduced for different environments. It was employed on uniforms, shelter halves, helmet covers, and other equipment.

During World War II, German camouflage uniforms were pioneering examples of military concealment. They

introduced innovative patterns that influenced subsequent military clothing. The German military, particularly the Waffen-SS, began experimenting with camouflage patterns in the late 1930s. Johann Georg Otto Schick designed a series of patterns such as Platanenmuster (plane tree pattern) and Erbsenmuster (pea-dot pattern) for the Waffen-SS, combining micro- and macro-patterns in one scheme. Multi-scale camouflage is a type of military camouflage combining patterns at two or more scales. The function is to provide camouflage over a range of distances, or equivalently over a range of scales (scale-invariant camouflage), in the manner of fractals, so some approaches are called fractal camouflage.

The "Platanenmuster" camouflage pattern, also known as "Plane Tree" or "Sycamore" pattern, was introduced in 1937 and was initially used by the German Waffen-SS. The pattern consists of large, irregular leaf shapes in various shades of green and brown on a light background, designed to blend in with woodland and forest environments. Over time, variations of this pattern, like Rauchtarnmuster (Blurred Edge pattern), Palmenmuster (Palm tree pattern), and Eichenlaubmuster (Oak leaf pattern), were developed to adapt to different environments. These variations included the spring and autumn patterns, which featured color schemes suitable for those seasons. These patterns were used on various uniform pieces, including jackets, trousers, and helmet covers.

One of the last camouflage patterns used by German military forces during World War II was the "Dot 44" or "Erbsenmuster" (Pea Pattern). This pattern was introduced in 1944 and saw limited use primarily with the Waffen-SS, although some regular Wehrmacht units also adopted it. Its name, "Pea Pattern," refers to the small, pea-sized dots that make up the design. The pattern features small, round dots in various shades of green and brown on a light or tan background. The dots are arranged in clusters, creating a disruptive camouflage effect. While this pattern was introduced late in the war, it saw limited distribution and use due to the rapidly changing military situation and the availability of materials. The German Army developed the idea further in the 1970s into Flecktarn, which combines smaller shapes with dithering; this softens the edges of the large scale pattern, making the underlying objects harder to discern.





The last pattern of camouflage uniforms used by the German Wehrmacht in World War II was the "Leibermuster" or "Overprint Pattern." Under Schick, a camouflage print was developed based on the patent dated May 5, 1942, which offered both visual camouflage using multi-color camouflage printing and infrared camouflage using a color solution that was intended to irritate the enemy's infrared devices. This irritation consisted of the fact that the target could not be clearly seen in the sight, as these particular camouflage prints interfered with a clear sight image of the target. The color mix of the camouflage pattern, officially called Buntfarbendruck 45, consisted of dark green, light green, red, yellow-brown and black. This black color consisted of a high carbon content, which is why infrared devices could not pick up the wearer as a clear target. The outlines of the body could thus be broken up and blended better with the background. It only went into production in the spring of 1945 and saw limited use during the final stages of World War II. It was a departure from the previous camouflage patterns and represented an experimental approach to concealment. What sets the Leibermuster apart was its unusual and intricate design. It featured an overprinted pattern of small shapes on a base fabric, making it distinctive compared to earlier German camouflage patterns. Some post-war camouflage patterns have drawn inspiration from the Leibermuster. Switzerland introduced a combat uniform in 1956 made from a variation of the Leibermuster pattern. The camouflage pattern was called Combat Suit 53, but the suit was introduced as Combat Suit 56. The camouflage pattern was later uniformly referred to as Taz83. The Swiss camouflage pattern consisted of a stronger red component, with the other camouflage pattern, without red, Taz90.

The Denison Smock is a distinctive British military garment that gained fame during World War II, particularly among airborne forces. The Denison Smock was designed in the early 1940s by Lieutenant Colonel Denison, an officer in the British Airborne Forces. Its primary purpose was to provide paratroopers and glider troops with a lightweight and effective camouflage garment. The original Denison Smock featured a unique camouflage pattern known as the "Brushstroke" or "Splinter" pattern. This pattern consisted of irregular vertical and horizontal lines in shades of brown and green on a khaki background. It was designed to provide effective camouflage in various environments, including woodlands. The Denison Smock was issued to British airborne troops and saw extensive use during airborne operations, particularly during the D-Day landings. It was also used by other Allied units. The Denison Smock's camouflage design influenced subsequent British military camouflage patterns. Variations of the original design, including different color schemes and patterns, were developed and used by British forces in later years.

The Lizard pattern camouflage, also known as "TAP47," is a distinctive camouflage design that was used by French military forces in the post-World War II era. The Lizard pattern was introduced in 1947 by the French military and was based on the Denison Smock. It was primarily designed for use in colonial and jungle environments, reflecting France's military involvement in various overseas conflicts during the post-war period. The Lizard pattern features irregular, amoeba-like shapes in shades of green and brown on a light background. These shapes are intended to provide effective concealment in lush, vegetated environments. The Lizard pattern was used by French military units, including those stationed in French Indochina and Algeria. It was applied to uniforms, helmet covers, and other equipment.

The Disruptive Pattern Material (DPM) is a camouflage pattern that originated in the United Kingdom. The DPM camouflage pattern was developed and introduced in the late 1960s and early 1970s. It was initially designed for British military personnel and was intended to provide effective concealment in a range of environments, including woodland, forest, and urban settings. The DPM pattern is characterized by a combination of small, irregular shapes in various shades of green, brown, and black. These shapes are interspersed on a light green background, creating an effective disruptive effect for concealment. The DPM pattern was officially adopted by the British military in the 1970s and became the standard camouflage pattern for a variety of uniforms and equipment. The DPM pattern was not limited to the UK but was also adopted by many Commonwealth countries and other nations. It saw use in conflicts worldwide, including the Falklands War and the Gulf War. Over the years, variations of the DPM pattern were developed for specific environments and operational needs. These included desert, arctic, and urban variants.

The Woodland camouflage pattern is a widely recognized military camouflage design that was developed by the United States. The Woodland camouflage pattern was developed in the late 1970s by the U.S. Army as a replacement for the earlier ERDL (Engineer Research & Development Laboratories) pattern. The Woodland pattern features a mix of small, irregular green and brown shapes on a light green background. The Woodland camouflage pattern was officially adopted by the U.S. military in 1981 and became the standard issue camouflage for a range of uniforms and equipment. It was used extensively by U.S. Army personnel and

other branches of the military. Over the years, variations of the Woodland pattern were developed for specific environments, such as the "Winter" variant with lighter colors for snowy conditions. The Woodland pattern had a significant impact on military camouflage design worldwide.

The 21st century has seen extensive research into the science of camouflage, including studies on visual perception and digital design techniques. Camouflage patterns have evolved to address the changing nature of warfare, which includes diverse operational environments, urban warfare, and digital technologies. These patterns aim to provide effective concealment in a variety of settings. The use of digital technology in designing camouflage patterns has been a hallmark of 21st-century designs. Digital patterns, like the U.S. Army's Universal Camouflage Pattern (UCP) and the subsequent Operational Camouflage Pattern (OCP), employ pixellike shapes to disrupt the wearer's outline. Many 21stcentury patterns incorporate multiscale designs, which work effectively at both close and distant ranges. Not all multiscale patterns are composed of rectangular pixels, even if they were designed using a computer assistance. Further, not all pixellated patterns work at different scales. The modern multi-scale camouflage patterns include the Canadian Disruptive Pattern (CADPAT), first issued in 2002, and the US Marine pattern (MARPAT), launched between 2002 and 2004. Different countries and military forces have developed region-specific patterns to match their operational areas. With the increasing prevalence of urban warfare, some patterns are designed specifically for use in urban environments. These patterns often feature a blend of grays and urban colors to help soldiers blend into cityscapes.

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is consistently filled with challenges in various situations, and people behave accordingly. Some individuals confront these challenges head-on, while others may give up. All these responses are intertwined with human happiness, or rather, satisfaction or displeasure.

However, happiness and pleasure only manifest upon the accomplishment of a goal, intention, or challenge. If these circumstances are unattainable or burdensome, it can result in feelings of unhappiness, worry, sadness, pain, or stress. Consequently, it is not as straightforward as one might anticipate, but humans are inherently designed to navigate through the various circles of life.

World Famous Actor, Denzil Washington aptly stated, "Dreams without goals are just dreams." This underscores the importance of acknowledging the realities of life and pursuing goal-oriented actions with a positive mindset.

Today, the aim is to delve into the essence of the awakened, positive individual within you, regardless of the circumstances - in other words, the journey toward resilience. Resilience is defined as the "capacity to manage the most challenging situations without succumbing to stress, anxiety, illness, or sorrow that can lead to mental or physical distress." Life presents various situations, such as exam failures, the loss of a loved one, setbacks, illness, financial struggles, relationship difficulties, etc. However, these challenges are essential for making sound decisions and developing resilience.

How to be resilient?

Build a survivor mentality

The survivor mentality epitomises one's strength and determination in pursuing their objectives amidst the most arduous circumstances. It embodies the unwavering commitment to stand resilient, holding on to one's beliefs and determination until the goal is achieved. This mindset encapsulates a relentless spirit, refusing to be swayed or deterred by obstacles that come their way. It's about showcasing an indomitable will and perseverance, enduring the challenges that life presents and prepare you to achieve your target.

Control emotions and feelings

Controlling your emotions is very important to resilience. It prevents wasting your energy and overusing. Further, it gradually signifies your development through the path without letting your emotions control you. Feelings sometimes create barriers to overcoming certain situations. In psychology, this term is elaborated as internal locus control. It is always believed that an individual has the capability to change and improve their situation.

Develop problem-solving skills

Resilience hinges on the pivotal role of problem-solving skills. The ability to navigate challenges effectively requires a keen sense of problem-solving. However, it is also equally vital to discern the reliability and practicality of those solutions. However, the wealth of life experiences presents a unique assistance in such puzzling situations.

Successful problem-solving entails not only devising solutions but also gauging their feasibility within the context of reality. Resilient individuals draw upon their diverse life experiences, learning from both successes and failures to craft robust solutions that stand up to scrutiny. In essence, resilience thrives on the intricate interplay between problem-solving prowess and a well-grounded understanding of what works in the real world.

Develop Self-compassion

Individuals with resilient characters possess a remarkable capacity for self-acceptance and a compassionate heart, even when faced with the most challenging circumstances. During hardships and adversity, they demonstrate a profound understanding and acceptance of themselves, acknowledging their strengths and weaknesses without judgment or self-criticism. This self-acceptance becomes a cornerstone of their resilience, allowing them to navigate through life's trials with a sense of inner peace and confidence.

Be ready to receive Social support

Another exceptional attribute of resilient individuals is their consistent access to strong social support. Resilience is not a solitary journey; it thrives on the reciprocity of support within the individual and from their community. These networks provide a crucial foundation upon which resilience is built. Internally, individuals draw motivation and strength from their social connections, generating a strength to overcome challenges. Externally, the encouragement, advice, and empathy received from friends, family, and mentors empower individuals to persevere through adversity. This dual dynamic of internal and external motives, nurtured by social support, forms the bedrock of an individual's resilience. It underscores the profound impact that relationships and community can have in fostering resilience in the face of life's trials.

Positivity until the last minute

Positivity can be found in most situations, However, when things get worse, it seems the level of positivity goes down. The consistency of a positive mind always creates resilience. Even in extremely unfavourable situations, managing stress and continuing attempts with mindfulness comes with this character. In the darkest times, a positive mind remains an unwavering beacon of hope. It doesn't deny the existence of challenges; instead, it embraces them as opportunities for growth and learning. Resilient individuals use their positivity as a powerful tool to navigate adversity. They recognise that difficulties are part of life's journey and, instead of succumbing to despair, they employ mindfulness techniques to stay centered and focused on finding solutions.

Mindfulness

The tranquility of the mind, coupled with a heightened state of consciousness, bestows profound empowerment upon individuals, influencing their overall personality, and decision-making abilities. This character trait acts as a hidden wellspring of courage, endowing individuals with the clarity required to navigate complex situations effectively. A clear understanding of circumstances is pivotal at every step of life's journey, as it serves as

the milestone for distinguishing reality from illusion and reliability from uncertainty. With a calm and conscious mind, individuals are equipped to approach challenges with grace, make sound decisions, and exhibit positive conduct, resulting in a resilient and purposeful life. In essence, inner serenity and mindfulness forge a path to strength, wisdom, and unwavering determination.

Have a good SWOT analysis of yourself

Conducting a Strengths, Weaknesses, Opportunities, and Threats (SWOT) analysis on oneself offers a multitude of advantages in both the short and long terms. This introspective assessment serves as a compass for personal growth and resilience. By critically examining strengths and weaknesses, individuals gain insights into areas where they excel and aspects needing improvement. Identifying opportunities expands horizons, guiding individuals towards avenues for advancement. Meanwhile, recognising threats helps prepare for potential pitfalls. Overall, this self-analysis becomes a toolkit for confronting various situations, challenges, or unforeseen circumstances. It fosters adaptability, selfawareness, and strategic thinking, enabling individuals to navigate life's complexities with greater confidence and effectiveness.

Read more

The timeless wisdom of Sir Francis Bacon, who proclaimed "Reading makes a full man," underscores the profound influence of literature on personal growth and resilience. Delving into case studies, biographies, and stories of underprivileged individuals who triumphed against all odds provides invaluable inspiration and experiences. These narratives offer a rich narration of human determination, resilience, and triumph. By absorbing the lessons and values embedded within these tales, individuals can foster their own character, acquiring the mental fortitude and adaptability needed to navigate life's challenges. Reading not only enriches the mind but also empowers individuals to draw from a wellspring of diverse perspectives and experiences, equipping them to cultivate resilience in the face of adversity.

Start with the small

Practicing resilience often begins with small-scale situations, such as resolving family conflicts, addressing friend-related issues, or offering support to someone in distress. These modest endeavours serve as invaluable learning experiences, offering gradual growth and guidance. Each encounter provides an opportunity to develop problem-solving skills, enhance emotional intelligence, and build inner strength. Over time, these incremental steps cultivate a resilient mindset that becomes increasingly adept at handling more significant challenges. Thus, resilience is nurtured through a series of small but meaningful actions, fostering personal growth and adaptability in the face of life's complexities.

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Charity Palmeard Palmeard

1. Aid to Examination



500 Grade 5 students preparing for the 2023 scholarship examination received sets of model question papers from 211 Infantry on 9 September 2023.

2. Donation in Iralkulam



12 Sri Lanka National Guard distributed dry rations and school accessories among 50 lowincome families, resident in Iralkulam area of Batticaloa on 23 September 2023.

3. School Accessories for Jaffina Students



511 Infantry Brigade distributed the bulk of school accessories among 48 students studying at Madihe Pagnaseeha Primary School in Puttur on 19 September 2023.

4. Church Compound Cleaned



Troops of 23 Gemunu Watch cleaned the surroundings of Mariyamatha Church at Muhamalai on 15 September 2023 before its annual feast.

5. Troops Clean Ella



Troops of the Security Force Headquarters (Central) cleaned the roadsides in Ella-Bandarawela on 16 September 2023.

6. Lunch treats at Thilakavathiyar Girl's Home



7 Gemunu Watch offered a special lunch treat to the needy children at Thilakavathiyar Girls' Home at Kadiraveli in Batticaloa district on 16 September 2023.

7. Drug Prevention Awareness Programme





Troops of Security Force Headquarters (East) organised a drug prevention awareness programme at Kattankudy Central College on 12 September 2023.

8. Fire at Iyyakachchi Controlled



Troops of the 52 Infantry Division assisted in dousing a fire which broke out in a Coir Mill at Muhavil, lyyakachchi on 8 September 2023.



9. Meals Distributed for Flood Victims



14 Vijayabahu Infantry Regiment and 6 Gajaba Regiment distributed cooked meals among the flood victims in Wanathamulla area on 03 September 2023.

10. Leadership Training for Homagama Central College



A full-day leadership training programme was conducted for 119 senior prefects of Homagama Central College at the Sri Lanka Army Engineer Division, Mattegoda on 07 September 2023.

11. Sapling Distribution at Ramanathapuram



The 553 Infantry Brigade distributed saplings among civilians during a brief ceremony at Ramanathapuram Government's Tamil Mixed School in Jaffna on 31 August 2023.



12. Nutritious Food Packs for Pregnant Mothers



Security Force Headquarters (Wanni) distributed essentials nutritious food packs among pregnant women residing in Anuradhapura and Vavuniya districts on 21 September 2023 at the Cultural Hall, Vavuniya.

06. Kadiraveli



NATIONAL ACHIEVEMENTS

ALL-ISLAND SHAKTHI WEIGHT-LIFTING TOURNAMENT







Sri Lanka Army weight-lifters won the overall National Championship (men's) at the All-Island Shakthi Weight-Lifting Tournament, held on 09 September 2023 at Wadduwa Vijaya Kumarathunga auditorium, beating ten more rival teams. Accordingly, Sri Lanka Army participants in three categories (66kg), (93 kg) and (120 kg) secured 3 Gold medals. Sergeant Rajapaksha R D C K of 6 Sri Lanka Electrical and Mechanical Engineering won the award as the Best Weight-Lifter. Corporal Rathnayake R M S S and Private Vimantha K T in 105 kg and 120 kg categories respectively won Gold medals in the same tournament. Private Hettiarachchi H A S S and Lance Corporal Jayarathne W V S C won 2 silver medals while Corporal Ramanayake D S C won the bronze medal.

THUNDER STRIKE KATUKURUNDA - 2023





Corporal Maduranga B I of the Sri Lanka Corps of Military Police competing in the 'Thunder Strike Katukurunda - 2023', won first place in the Supermotard 250/450 cc open event at the 'Thunder Strike Katukurunda - 2023'. The event was organsied by the Sri Lanka Association of Racing Drivers and Riders (SLADAR) on 24 September 2023. Corporal Maduranga BI represented the Sri Lanka Army Motor Sports Committee.

The competition was conducted at the Sri Lanka Air Force motor track at Katukurunda with the participation of more than 60 riders representing Tri-Services and various sports clubs in the country.

SEPTEMBER 2023 BELLATOR

RIDE WITH PRIDE EXPEDITION



The 'Ride with Pride' bicycle tour that commenced on 29 August 2023 from Dondra concluded its journey of 582 km on 3 September 2023 at Point Pedro amidst cheers of a gathering of Officers and Other Ranks.

The 6-day long expedition covered Galle, Aluthgama, Colombo, Negombo, Puttalam, Medawachchiya, Vavuniya, Kilinochchi, Elephant Pass before it reached Point Pedro.

Army veterans Major General S R Balasuriya (Rtd) USP, Major General K P S Premalal (Rtd) RWP RSP USP and Colonel W N P S K Perera (Rtd) RWP RSP undertook the expedition with the objective of further strengthening bonds of friendship between the North and the South.



DEFENCE SERVICES KARATE CHAMPIONSHIP - 2023



Sri Lanka Army team (Men's category) clinched the championship, securing 05 Gold, 02 Silver, and 07 Bronze Medals at the Defence Services Karate Championship – 2023. The event was held at Sri Lanka Air Force indoor stadium in Colombo on 18 and 19 September 2023. Sri Lanka Army team became the runner-up in the Women's category.



INTER REGIMENT NETBALL TEAM CHAMPIONSHIP - 2023

Inter Regiment Netball Team Championship - 2023 was held at the Panagoda Army Indoor Stadium on 22 September 2023, 6 Netball teams, competed for the championship during the tournament including 1 team of the Sri Lanka Signal Corps (SLSC), 1 team of Sri Lanka Army Medical Corps (SLAMC), 1 team of Sri Lanka Corps of Military Police (SLCMP), 1 team of Sri Lanka Army General Service Corps (SLAGSC), and 2 teams of the Sri Army Women's

Corps (SLAWC). After a heavy tussle, Sri Lanka Army Women's Corps (SLAWC) 'A' carried away the championship scoring the victory in 28/16 qualifying to claim the Championship for the year.

Major General U D Wijesekera RWP RSP USP rcds psc the Commander Security Forces (West) graced the finals as the Chief Guest for the certificate awarding ceremony.





INTER REGIMENT CYCLING CHAMPIONSHIP-2023

Sri Lanka Electrical and Mechanical Engineers (SLEME) organised Inter Regiment Cycling Championship - 2023 on 7 and 8 September 2023 in Udawalawe. 133 of racing cyclists including those from Sri Lanka Army Women's Corps participated in the event.

The participants competed under racing and standard men's events, standard women's event, and in an event, dedicated to riders above the age of 50, exhibiting their skills. Riders in the Sri Lanka Electrical and Mechanical Engineers emerged as the champions, earning 104 points pushing Sri Lanka Artillery as the runner-up, with 50 points. The 2023 Inter Regiment Cycling Championship served a platform for healthy competitions and also strengthened the bonds within comrades in 13 Regiments.

Major General J A R S K Jayasekara USP psc Director General Electrical and Mechanical Engineering and Chairman of the Army Cycling Committee attended the awarding ceremony as the Chief Guest.

ANNUAL VOLLEYBALL TOURNAMENT OF SECURITY FORCE (CENTRAL)





12 Infantry Division grabbed the championship of the annual Volleyball Tournament of Security Force (Central). The tournament took place at the premises of 12 Infantry Division Headquarters in Hambanthota from 05 to 07 September 2023.

Teams comprised of Officers and Other Ranks from the Security Force Headquarters (Central), Forward Maintenance Area (Central), 11 and 12 Infantry Divisions competed in the tournament. The final encounter was held between the Security Force Headquarters (Central) team and 12 Infantry Division Team on 07 September 2023. Commander Forward Maintenance Area (Central), General Officer Commanding 12 Infantry Division, Brigade Commanders, Battalion Commanders and troops witnessed the final encounter and awarding ceremony.

INTER UNIT SWIMMING CHAMPIONSHIP - 2023





'Inter Unit Swimming Championship - 2023' organsied by Sri Lanka Corps of Military Police (SLCMP) was held at Panagoda Army Cantonment Swimming Complex on 18 August 2023.

More than 75 male and female SLCMP swimmers representing seven SLCMP Units, Special Investigation Unit & School of Military Police under Novices and Open categories competed in the Championship tournament. At end of the event, the Championship (male) was clinched by 1 Sri Lanka Corps of Military Police swimmers pushing 2 Sri Lanka Corps of Military Police competitors to be the position of runner-up. Private Thennakoon T M S D of 7 Sri Lanka Corps of Military Police was adjudged the Best Male swimmer.

Female championship of the inter unit swimming championship - 2023 was won by women swimmers of the School of Military Police in Giritale. Lance Corporal Bandara W M K D of 7 Sri Lanka Corps of Military Police was selected as the Best Female swimmer in the championship.

INTER BATTALION BADMINTON TOURNAMENT-2023





The Inter Battalion Badminton Tournament -2023 took place at the Sri Lanka Sinha Regiment gymnasium on 23 August 2023 with the participation of number of badminton players. After the heavy tussle, 1 Sri Lanka Sinha Regiment battalion players clinched the runner-up trophy of the Inter Battalion Badminton Tournament. In the meantime, 3 (Volunteer) Battalion of Sri Lanka Sinha Regiment players won the championship.

Brigadier C S Thibbotuge, Center Commandant, Regimental Center, Sri Lanka Sinha Regiment along with several Senior Officers, and Other Ranks witnessed the final encounter of Inter Battalion Badminton Tournament -2023.

NEW RECORDS SET UP AT SRI LANKA ARMY VOLUNTEER FORCE ATHLETIC MEET 2023











Sri Lanka Army Volunteer Force (SLAVF) Athletic Meet - 2023 which was held at Mahinda Rajapaksa Stadium, Diyagama over three days with the participation of energetic athletes, successfully culminated on 21 September 2023 installing a new Sri Lanka Army Volunteer Force records to the military history. More than 350 athletis competed in 24 athletic events.

Major General D M K D B Pussella RWP RSP Commandant of Sri Lanka Army Volunteer Force graced the closing and awarding ceremonies as the Chief Guest and gave away trophies and certificates to the achievers. During the tournament, athletes set up new eleven Sri Lanka Army Volunteer Force athletic records displaying their excellent sports skills. In addition, band displays and cultural troupes added more glamour and colour to the closing ceremony.

Major General S P A I M B Samarakoon Hdmc Lsc Commander, Army Logistic Command, Major General U D Wijesekera RWP RSP USP rcds psc Commander, Security Forces (West), Major General M T K R Silva KSP Deputy Commandant Sri Lanka Army Volunteer Force, Senior Officers, Officers, representatives of National Athletic Federation and Other Ranks also witnessed the exciting tournament and the awarding ceremony.







SUDOKU PUZZLE

QUESTION

How to Play

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

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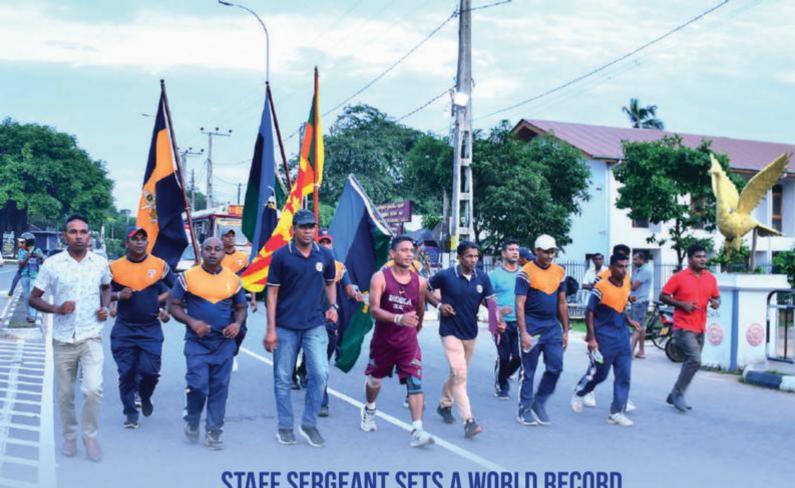
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STAFF SERGEANT SETS A WORLD RECORD

The Senior Non-Commissioned Officer (SNCO) of 3 Sri Lanka Signal Corps (3 SLSC) of the Security Force Headquarters (Jaffna) set off the walk to join the world record on 5 September 2023 covering 580.16 km in distance. The Staff Sergeant K I S Keerthirathna completed his foot walk within 12 days after crossing Kilinochchi, Vavuniya, Medawachchiya, Anuradhapura, Kurunegala, Colombo, Aluthgama, Galle and Matara before he reached Dondra to be received in a warm reception.

Major General D M P P Dasanayaka, Forward Maintenance Area (Central), Colonel A K D Adikari USP Centre Commandant, Sri Lanka Signal Corps, and a large gathering of Officers and Other Ranks extended their best wishes to Staff Sergeant K I S Keerthirathna. Representative members of Serendib World Records Committee confirmed the admission to Serendib World Records and handed over the certificate at the same



