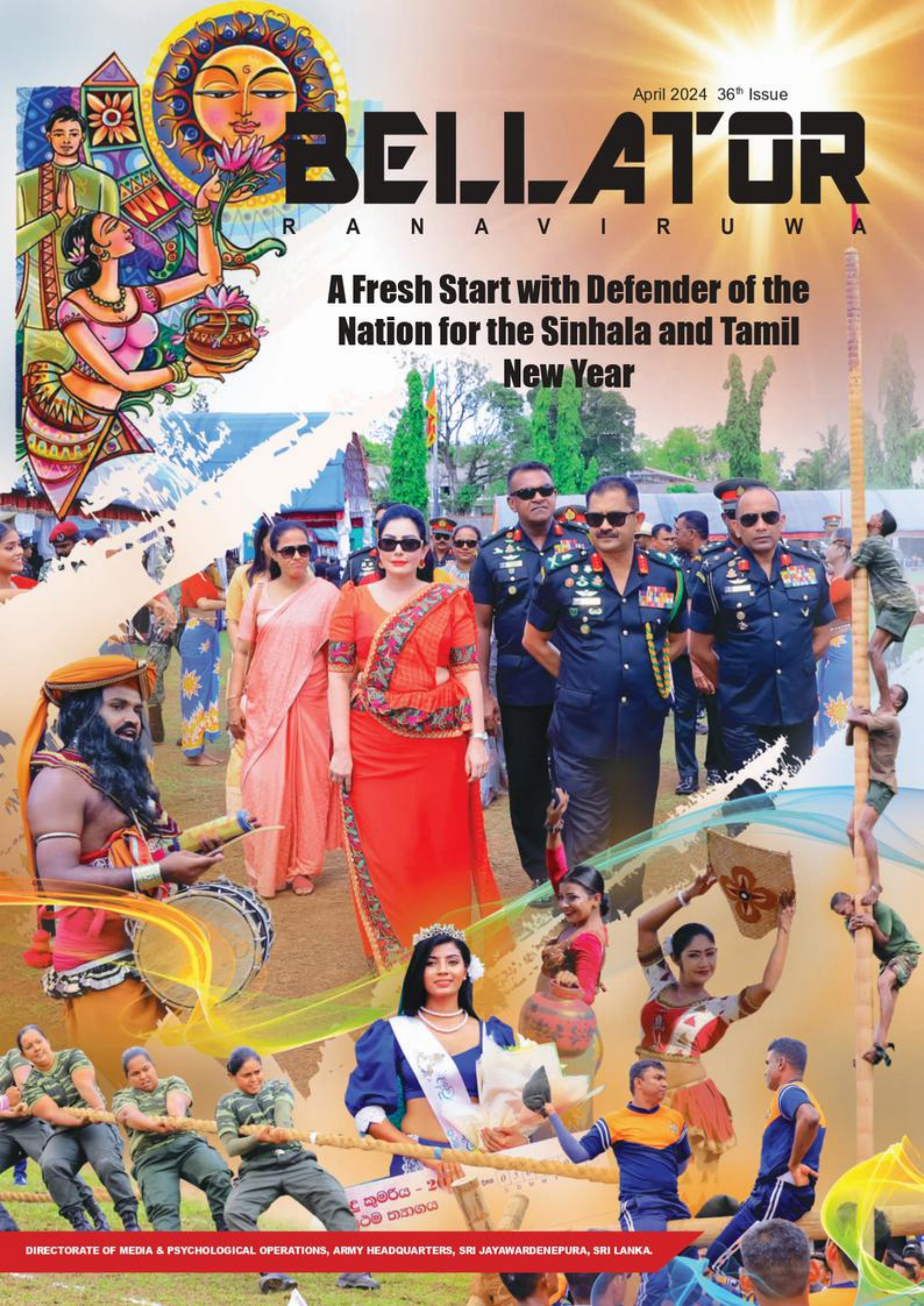


April 2024 36th Issue

BELLATOR

R A N A V I R U W A

**A Fresh Start with Defender of the
Nation for the Sinhala and Tamil
New Year**





New Year with Defender of the Nation

The traditional New Year Festival to mark the dawn of Sinhala and Tamil New Year 2024 was successfully held on 05 April at Panagoda Army Cantonment with variety of traditional Avurudu games. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, together with Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit (ASVU), graced the occasion as the Chief Guest.





The Avurudu celebration was included with cadjan weaving, bun eating, pillow fights, raban playing, grease pole climbing, selection of 'Awurudu Kumari', eye placing on blind elephant, lime balancing, slow cycle-peddling, tug of war, fancy dress parade and a number of other traditional and fun-making games.

The Sinhala and Tamil New Year celebration organised by Sri Lanka Army at Panagoda was officially marked the culmination with an entertaining musical event.





Army Commander Brings Joy to 'Abhimansala III' in the New Year

Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, together with Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit (ASVU), visited Abhimansala - III Wellness Resort on 10 April 2024, to share the greetings of Sinhala and Tamil New Year - 2024 with the residential War Heroes.



After accepting the warm reception of Brigadier P K G C Pasquel, the Commandant of the Wellness Resort, the Commander of the Army, along with the gathering, inspected the villas, farm, water therapy section, Ayurvedic centre, prosthetic and orthotic workshop, hospital and other facilities in the premises.

Before the culmination of the visit, the Commander of the Army and President of ASVU distributed gift parcels to the War Heroes and witnessed their handcraft and mystery paintings.



A Festive Gathering at Army Headquarters Embracing Avurudu

The customary Sinhala and Tamil New Year tea table and cordial get-together was held at the Army Headquarters with the gracious participation of Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army on 18 April 2024.

The traditional tea table was included with many varieties of traditional sweetmeats and milk rice. The Commander of the Army engaged with participants, sharing his thoughts and views. A group of Officers, Other Ranks and civil employees participated in the occasion.



Army HQ RSM Receives His Symbolic Cane



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, presented the symbolic cane ('Cane Malacca') to Warrant Officer-I H M P A Herath USP, newly appointed Regimental Sergeant Major (RSM) of the Army Headquarters on 18 April 2024 at the invitation of Major General W W H R R V M N D K B Niyangoda RWP RSP VSV USP ndu psc, Adjutant General of the Sri Lanka Army during the traditional New Year tea table.



Warrant Officer-I H M P A Herath USP, joined the Sri Lanka Army Signal Corps on 01 September 2004 and has completed more than 19 years of tenure in the Army. He was appointed as the Regimental Sergeant Major of the Army Headquarters on 02 April 2024.



Commando Regiment Celebrates Sinhala and Tamil New Year

Commando Regiment organised a traditional Sinhala and Tamil New Year festival to mark the inauguration of traditional new year on 06 April 2024 at the Regimental Centre, Ganemulla. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, together with Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit, graced the occasion as the Chief Guest.

The Avurudu festival was included with a variety of traditional and aesthetic games including traditional new year games such as raban playing, grease pole climbing, cadjan leaf weaving, bun eating, pillow fights, selection of Awurudu Kumara and Kumari, eye placing on blind elephant, lime balancing, slow cycle-peddling, tug of war and fancy dress parade.

The Commander of the Army and the President of Army Seva Vanitha Unit awarded gifts to winners of the competitions.

Major General P G P S Rathnayake RWP RSP ndu, Colonel of the Regiment, Commando Regiment, Mrs. Nimali Ranathunga, the President of Commando Seva Vanitha Branch, Senior Officers, Officers, Other Ranks, civil servants and their families participated in the festival.



The General Sir John Kotelawala Defence University (KDU) Memorial Society arranged a ceremony to commemorate the 127th Birth Anniversary of late General the Right Honourable Sir John Lionel Kotelawala CH KBE LLD on 04 April 2024 at the KDU premises. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, graced the event as the Chief Guest at the invitation of Rear Admiral H G U Dammika Kumara VSV USP psc, the Vice Chancellor of KDU.

Marking the significance of the event, a distribution of scholarships took place for a group of selected 20 students from Piliyandala Sir John Kotelawala Vidyalaya, Kandawala Navodya Maha Vidyalaya, and children belonging to KDU Staff.

The Commander of the Navy, the Chief of Staff of the Air Force, Senior Tri-Services Officers, Officers, Other Ranks, undergraduates and students were also present at the event.

General Sir John Kotelawala, a former Prime Minister, generously donated his ancestral property, including the renowned 'Kandawala Walauwwa' (mansion) in Ratmalana, to establish the Defence University. This act led to the creation of the maiden Defence Academy on the island, named in his honour. It was formed as a seat of learning for Tri-Services Officers in 1981. General Sir John Kotelawala, who studied at Royal College in Colombo and graduated from Cambridge University, had a distinguished military career, rising to the rank of General after serving as the Commanding Officer of the Ceylon Light Infantry.



The 127th Birth Anniversary of Late General Sir John Kotelawala Commemorated



Generous Supports for Education



The Sri Lanka Army Volunteer Force (SLAVF) organised an event to grant scholarships and cash incentives among 150 students of Army personnel serving under the SLAVF on 03 April 2024 at the SLAVF Headquarters.

Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, together with Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit (ASVU), graced the occasion as the Chief Guest.



25 students who excelled in the Advanced Level Examination and gained admission to universities were awarded Rs. 50,000.00. each. Additionally, 63 students who achieved 9 A passes in Ordinary Level Examination were awarded Rs. 25,000.00 each. 112 students who qualified at Grade 5 Scholarship Examination also received Rs. 10,000.00 each. During the event, another 50 students received cash incentives.

Major General M T K R Silva KSP, the Deputy Commandant of SLAVF, Officers, Other Ranks and parents of the students were present at the occasion.



Sri Lanka Artillery Celebrates 136th Anniversary Honouring Fallen War Heroes

A commemoration ceremony in honour of its fallen War Heroes of Sri Lanka Artillery (SLA) was held on 22 April 2024 coinciding with the 136th anniversary celebrations at the Sri Lanka Artillery Regiment. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, graced the occasion as the Chief Guest, at the invitation of Major General B K G M L Rodrigo RSP psc IG, the Colonel Commandant of SLA.

Afterwards, the Commander of the Army together with General C S Weerasooriya (Rtd) RWP RSP VSV USP ndc IG, former Commander of the Army, Senior Officers, Officers, Other Ranks and family members of fallen War Heroes laid floral wreaths at the SLA War Heroes monument.



Army Commander Inaugurates 'Green View Reserve'



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army and Colonel of the Regiment, Sri Lanka National Guard (SLNG) declared open a newly constructed Officers' accommodation complex at the Sri Lanka National Guard (SLNG) Regimental Centre premises in Heraliyawala, Kurunegala, on 10 April 2024 during a simple ceremony. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army and the Colonel of the Regiment of SLNG, along with Mrs. Janaki Liyanage, the President, Army Seva Vanitha Unit, graced the occasion at the invitation of Brigadier H A Keerthinatha RSP KSP psc, Centre Commandant, SLNG.

The 'Green View Reserve' - the modern facility of SLNG comprises of 15 rooms equipped with all necessary amenities, addressing the accommodation facilities for Officers of the Regiment. Further, the Commander of the Army commended the dedication and hard work of all SLNG troops, and their efficient completion of the project within the allocated budget.

Cornerstone Laid for Gajaba Regiment Museum and Auditorium



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, laid the cornerstone for construction of Regimental Museum and Auditorium at Gajaba Regiment premises on 11 April 2024 at the invitation of Major General W H K S Peiris RWP RSP VSV USP ndu, Chief of Staff and Colonel of the Regiment of the Gajaba Regiment.

Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, the Commander, Security Forces (Jaffna) and Major General S B Amunugama RWP RSP ndu, the Commander, 1 Corps also joined the event.

Major J R M S Jayawardhana, Commanding Officer of 2 Corps of Engineer Services explained the project plan to the audience and troops of 2 Corps of Engineer Services will extend their manpower and technical expertise for the project.

The Gajaba Regiment Auditorium is consisted of multipurpose auditorium with 667 seats and Museum fulfilling a long standing requirement of Gajaba Regiment.



Grand Opening of the New Holiday Bungalow in Hawa Eliya



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, declared open a newly built three-story holiday bungalow at Hawa Eliya on 20 April 2024 amidst a brief ceremony.

The three-story building consists of three rooms with attached bathrooms, a lobby area, a dining area and a kitchen. Troops of 17 Engineer Services Regiment (17 ESR) undertook the construction process with the supervision of Directorate of Engineer Services at the request of the Directorate of Real Estate and Quartering (Dte of RE & Q).

The Commander of the Army also launched 'My Reservations' - newly designed widget through 'e-Portal' to reserve Army holiday bungalows for service personnel in the Army during the same programme.

Army Commander Inquires on Wellbeing of Fox Hill Accident Victims



Lieutenant General H L V M Liyanage RWP RSP ndu, the Army Commander, visited Diyatalawa Base Hospital to inquire about the injured personnel from the Fox Hill Accident. During the visit, he discussed the nature of injuries, health progress, and recovery process with medical officials.

He also interacted with the injured personnel and their families, expressing profound regret over the incident. The Deputy Chief of Staff, Commander of Security Forces (Central), Adjutant General and Senior Officers also joined the visit.



Army Commander Inaugurates Renovated Building at St. Aloysius College, Galle



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army inaugurated the Golden Lily Building of St. Aloysius College, Galle during a simple ceremony held on 26 April 2024 at the invitation of Mr. Pubudu Sampath, the Principal of St. Aloysius College, Galle.

The Golden Lily Building is a 4-story building which was in unusable condition for a long period. Responding to a request made by the Principal St. Aloysius College, Galle from the Commander of the Army, troops of 4 Engineer Services Regiment undertook the responsibility of the renovation of the building. Major General T J Kodithuwakku (Rtd) RWP RSP ndu, Major General K M S Kumara (Rtd) and Major General D G Hewage (Rtd) RSP coordinated the project.

The newly-renovated facility comprises of a smart classroom, a home science laboratory, a sports unit, 02 Information Technology laboratories, 06 classrooms and an Eastern Music and Dancing room.

During the event, the Commander of the Army also bestowed appreciation certificates for two school Cadets. Warrant Officer 1 K D Kalhara, who presently holds the appointment of Regimental Sergeant Major of the 1 National Cadet Corps, and Lance Corporal M D I H Sadaruwan, a national level trained shooter accordingly received certificates from the Army Commander.



Army Commander Presides the 8th Presidential Induction Ceremony of SLCOMM

Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army graced the 8th Presidential Induction Ceremony of Sri Lanka College of Military Medicine (SLCOMM) which was held on 26 April 2024 at the Galadari Hotel, Colombo.



Major General P A C Fernando USP, the Colonel Commandant of Sri Lanka Army Medical Corps and SLCOMM members warmly welcomed the Commander of the Army to the Sri Lanka College of Military Medicine. Newly-appointed President, Brigadier W G R P Peiris addressed the gathering and presented his plans and vision in the upcoming year of SLCOMM.

Gajaba Seva Vanitha New Year Fair at Saliyapura



Gajaba Seva Vanitha New Year Fair - 2024 was successfully held at the Gajaba Regimental Centre premises, Saliyapura from 09 to 11 April 2024 under the direction of Major General W H K S Peiris RWP RSP VSV USP ndu Colonel of the Regiment and Mrs. Dilupa Peiris, President of Gajaba Seva Vanitha Branch.

Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army and Mrs Janaki Liyanage, President, Army Seva Vanitha Unit graced the event as the Chief Guest. The Gajaba Seva Vanitha Fair included with array of events including Dog Show by Commando K9 Unit, exhibiting of Motorcycle Stunts, Band Display, Air Rifle Shooting, & Live Musical Shows featuring renowned vocalists.

In addition, Gajaba Seva Vanitha New Year Fair – 2024 made a platform to the military personnel and civilians in the area providing an opportunity to purchase their household requirements prior to the New Year.



Certificates Awarded to NVQ Qualified Armed Personnel



The final certificate-awarding ceremony for personnel who successfully qualified in the internationally recognised National Vocational Qualification (NVQ) Level 4 after completing various technical courses at the Ranaviru Resource Centre (RRC), took place on 29 April 2024 at the Army Headquarters. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, graced the awarding ceremony as the Chief Guest adding importance to the achievements, together with Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit.



After welcoming the Chief Guest, 18 selected participants representing a total of 167 attendees received their certificates from Major General M E P Weerasinghe (Rtd) VSV USP ato, Director General of the Vocational Training Authority (VTA).

Participants of the Hair and Beautician Course displayed a Bridal Show, and participants of the Three-wheeler and Motorbike Repairing Course showcased their skills by assembling a motorbike. A few aesthetic events added colour to the simple ceremony.

Delegation of Pakistan Joint Staff Headquarters Visits Army Headquarters



A delegation of the Joint Staff Headquarters of Pakistan visited the Army Headquarters on 29 April 2024 at the invitation of Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army. The four-member delegation comprised with Lieutenant General Ahsan Gulrez, HI (M), Director General, Joint Staff and three other Senior Officers. In a cordial and interactive meeting, both parties exchanged views to enhance the longstanding bonds of goodwill between the Armed Forces of both countries. Recalling the deep rooted bilateral relationship, Commander of the Army further extended the gratefulness for the training assistance provided by Pakistan Army to improve the competencies of Sri Lankan Army Officers and Other Ranks, nurturing the values of military professionalism.



Newly Appointed Colonel of the Regiment Assumes Duties

Chief of Staff of the Sri Lanka Army, Major General W H K S Peiris RWP RSP VSV USP ndu assumed duties as the 13th Colonel of the Regiment of the Gajaba Regiment on 11 April 2024 at the Home of Gajaba, Saliyapura, Anuradhapura.

The Bellator extends warm greetings over the new appointment of Major General W H K S Peiris RWP RSP VSV USP ndu, as the Colonel of the Regiment of the Gajaba Regiment - a home for many charismatic personalities such as the Founding Father of the Gajaba Regiment, Late Major General Vijaya Wimalaratne.



Celebrating Sinhala and Tamil New Year



'SLEME Seva Vanitha Bakmaha Udanaya - 2024' was successfully held on 10 April 2024 at Sri Lanka Electrical and Mechanical Engineers Industrial Workshop - Kosgama with the participation of Officers, Other Ranks and their families. The Corps of Sri Lanka Electrical and Mechanical Engineers and the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch jointly organised the event.

Major General S P A I M B Samarakoon Hdmc Lsc, the Deputy Chief of Staff of Sri Lanka Army and the Colonel Commandant of Sri Lanka Electrical and Mechanical Engineers, together with Mrs. Nandane Samarakoon, the President of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch, graced the event as the Chief Guest.



Number of traditional games and events were included giving prominence to Sinhalese traditions. Aurudu Kumaraa, Aurudu Kumariya, breaking the pots, placing the eye for blind elephant, coconut leaves weaving, coconut-scrapping, playing musical chairs, grease pole climbing, pillow challenge, tug of war, balloon dance, bun eating, lime-on-spoon race and many interesting traditional games were included in the 'SLEME Seva Vanitha Bakmaha Udanaya - 2024'.





'Stamina Spartans Competition' at 1 Corps

1 Corps successfully organised the 'Stamina Spartans competition', on 07 April 2024 at Headquarters, 1 Corps aiming to enhance fitness, endurance, self-confidence and team spirit of soldiers serving under 53 and 58 Infantry Divisions.

During the heavy tussle, 5 Vijayabahu Infantry Regiment emerged as the champions, demonstrating exceptional prowess and teamwork out of the 16 teams participated in the competition. 19 Sri Lanka Light Infantry secured 1st runners up title pushing the 9 Gemunu Watch to 2nd runners up position.

Major General S B Amunugama RWP RSP ndu, the Commander of 1 Corps graced the occasion as the Chief Guest. Senior Officers, Officers and Other Ranks witnessed the occasion.



Airmobile Training School Gifts Another Skilled Air Mobile Troops for the Nation



The Passing Out Parade of Air Assault Course - No 28 was successfully held at Airmobile Training School – Nikawewa on 01 April 2024. Major General S B Amunugama RWP RSP ndu, Commander of 1 Corps graced the occasion as the Chief Guest adding the prominence to the Passing Out Parade.

05 Officers and 90 Other Ranks passed out during the dignified ceremony. Captain P F A L Fonseka - 3 Gajaba Regiment earned the award for the Best Student and the Best Shooter. Meanwhile Corporal Silva U E – 5 Gemunu Watch earned the award for the Best Student in physical fitness. Major General P G P S Rathnayaka RWP RSP ndc, General Officer Commanding of 53 Infantry Division (RSF), Senior Officers of 1 Corps, Officers and Other Ranks participated in the occasion.

New Water Project and Home from Security Forces - Jaffna

The 11 (V) Gajaba Regiment installed a water supply project at St. Fatima Roman Catholic School, fulfilling a long standing requirement of the area. Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, the Commander of Security Forces (Jaffna), officially vested the facility for the beneficiaries. The newly installed water facility provides drinking water to children and staff of school.

In addition to this, the troops of the 7 Sri Lanka Light Infantry constructed a new house for a deserving family residing in Anandapuram. The family, consisting of a mother and young child, faced challenges due to the absence of her husband. The Commander, Security Forces (Jaffna) vested the house to the beneficiary during a simple ceremony held on 02 April 2024.



Faculty Members from University of Jaffna Visit Army Farm in Jaffna



Professor K Paheerethan and Dr. J Arasakesary from Department of Agriculture Biology, Faculty of Agriculture, University of Jaffna along with a delegation engaged in a visit to Jaffna Army Farm on 26 March 2024 in order to uplift and elevate the cultivation at the farm.

The delegation paid a site visit, inspected the cultivation and discussed with the farmers on problems in crops cultivation and educated the farmers further in order to develop the crop for better harvest. Later, the academic staff paid a courtesy call on Major General M G W W M C B Wickramasinghe RWP RSP ndu psc the Commander Security Forces (Jaffna).

SFHQ (Wanni) Celebrates 26th Anniversary

In line with the 26th anniversary of Security Force Headquarters (Wanni), a series of events were organised under the directions of Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander, Security Forces (Wanni) on 18 March 2024.

The anniversary celebration was included with a ceremonial Guard of Honour to the Commander, Security Forces (Wanni), Buddhist religious observances at the Jaya Sri Maha Bodhi and Ruwanweli Maha Stupa, Hindu observances at the Kandaswami Kovil Vavuniya, Qirath's prayers at the Jumma Mosque Vavuniya, a special mass at the Shrine of Our Lady of Madhu Church and an alms giving for Maha Sangha in the area. The evening musical event marked the culmination of the anniversary celebrations.





New House Warms for a Deserving Family in Mollipothana

Expanding its ongoing house-construction project, Major General M K U P Gunaratne RSP ndu psc IG, Commander of the Security Forces Headquarters (East) formally warmed one more house for a deserving family residing at Mollipothana North Grama Niladhari Division during a simple ceremony held on 11 April 2024.

The housing project was initiated under the conceptual layout of Major General M K U P Gunaratne RSP ndu psc IG, Commander of the Security Forces Headquarters (East). Troops of the 15th Battalion of Sri Lanka Light Infantry provided their manpower, engineering, and technical skills for the construction of the new house. Major General P A M Peiris RSP USP psc, the General Officer Commanding of 22 Infantry Division directed the project and Brigadier Y H P Rangajeewa Commander, 223 Infantry Brigade supervised the project. Famous singer Mr. Bathiya Jayakodi extended financial generosity for the project.

Scholarships Awarded Empowering Future Leaders of the Society



Following the conceptual layout of Major General M K U P Gunaratne RSP ndu psc IG, Commander of the Security Forces Headquarters (East), scholarships were awarded for two students who excelled in the Grade 5 scholarship examination on 05 April 2024 at the Security Forces Headquarters (East).

Mr. Mevan Jayathilake a known philanthropist, generously donated the required funds for two scholarships. Master M K Kavishka Deshan Ariyaratne from Susirigama Primary School, Polonnaruwa, who achieved an impressive 162 marks, and R P D S S Savindi Wickramasinghe from Alawakubura Maha Vidyalaya, Polonnaruwa, who achieved 150 marks for the grade 5 scholarship exam accordingly received the scholarships.

A Donation for Civil Staff



The distribution of dry ration packs worth of Rs. 5000.00 each was held at the Security Forces Headquarters (West) premises under the patronage of Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, Commander, Security Forces Headquarters (West) on 10 April 2024. Accordingly, 36 civil servants working under Security Forces Headquarters (West) received dry ration packs.

New Tactical and Technical Training Arena for 4 SLAC



Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander, Security Forces (West) and Colonel Commandant of SLAC inaugurated newly-constructed Auditorium and Tactical and Technical Training Arena of 4 Sri Lanka Armoured Corps (4 SLAC) on 02 April 2024 at the unit premises during a brief ceremony.



The newly constructed auditorium will offer a comfortable training venue for the troops of 4 SLAC and visiting delegations from different Tri-Service establishments, accommodating up to 200 attendees. Further, it consists of an Operational History Briefing Area, a fully equipped Model Room and an Operational Activity Briefing Area. The project was successfully completed under the directions of Lieutenant Colonel D M V M R Dissanayake RWP RSP psc, the Commanding Officer of 4 SLAC. Senior Officers, Officers and Other Ranks of SLAC also joined the inauguration.





SFHQ - Central Celebrates Sinhala & Tamil New Year

The Security Forces Headquarters (Central) celebrated Sinhala Tamil New Year on 12 April 2024 at the Security Forces Headquarters (Central) premises under the guidance of Major General S R B Aluvihare RWP RSP ndu psc, the Commander, Security Forces Headquarters (Central).

The festival marked the beginning by lighting the traditional oil lamp and consisted of a number of traditional games such as cross country run, climbing greasy pole, pillow fighting, tug of war, fancy dress competition, etc. A gathering of Senior Officers, Officers, Other Ranks and their families participated in the event.



CES Hosts Another Successful Diners' Club



The Corps of Engineer Services (CES) hosted a Diners' Club event at the CES Regimental Officers' Mess on 26 March 2024. Major General A E D Wijendra (Rtd) RWP RSP VSV USP ndc psc, graced the occasion as the guest lecturer and conducted a valuable session on 'Officering in Contemporary Sri Lanka' to the gathering.

Major General A H L G Amarapala RWP RSP ndc psc, the Director General Financial Management and the Colonel Commandant of the CES, presented a special token of appreciation to the guest speaker appreciating his generous assistance to educate the Officers. Senior Officers and Officers of CES took part in the event.



Commending Shining Sports Stars of Corps of Engineer Services



A programme of appreciating and recognising the outstanding performance, dedication, and commitment of sportsmen represented the Sri Lanka Army in the Asian Confederation Hockey Tournament and the South Asian Kabaddi Tournament, was held on 26 March 2024.

Accordingly, Corporal Jayasundara D M I K and Lance Corporal Sanjeewa A P who won the 2nd runners-up position at the 2022 Asian Hockey Games and Lance Corporal Kumara K D M P who secured Silver Medal in the 2022 Asian Games Kabaddi, received the cash incentives.

Major General A H L G Amarapala RWP RSP ndc psc, Colonel Commandant of CES and Director General Financial Management, awarded the cash incentives for each during a simple ceremony.

A Lecture on Personal Development



Security Forces (West) conducted a training programme on 'Personal Development' at the lecture hall - Corps of Engineer Services on 17 April 2024. Lieutenant Colonel T P G K P Alwis RWP USP psc conducted the session covering various topics, including personal development, the value of literature and balancing family and professional life. A total of 25 Officers and 180 Other Ranks participated in the lecture.

11 Infantry Division Hosts New Year Festival



11 Infantry Division held a traditional Sinhala and Tamil New Year on 18 April 2024 at the 1 Sri Lanka Rifle Corps premises with the participation of Senior Officers, Officers and Other Ranks of 11 Infantry Division and their family members. Major General R M M Ranasinghe WWV RWP RSP, General Officer Commanding (GOC) of 11 Infantry Division graced the occasion as the Chief Guest.

5 VIR Completes the Battalion Training Course at Katukeliyawa



The 5 Vijayabahu Infantry Regiment (VIR) successfully completed their Battalion Training Course at the 1 Corps Battalion Training School in Katukeliyawa. The course commenced on 19 February 2024 and concluded on 08 April 2024. 14 Officers and 301 Other Ranks of the 5 VIR participated in the course. Major General H D W K N Eriyagama RWP RSP, the General Officer Commanding, the 58 Infantry Division, graced the closing ceremony as the Chief Guest. Captain W B S P G Fernando was awarded as the Best Student & Best Shooter while Corporal Madduma Bandara R M A G awarded as the Best in Physical Fitness of the course.

Friendly Football Match at 522 Infantry Brigade



In order to enhance sports skills among Jaffna youth whilst establishing an excellent relationship between the Army and the public in the area, the 23 Gemunu Watch, 1 Mechanized Infantry Regiment and 10 (V) Vijayabahu Infantry Regiment under command to 522 Infantry Brigade organised a football match at the Kandakadu on 07 April 2024.

Wadamarachchi Super Sports and Kadeyikadu St. Mary Clubs vied in the final tussle and Major General Y A B M Yahampath RWP RSP ndu psc, General Officer Commanding of 52 Infantry Division graced the occasion.

Senior Officers, Officers, Other Ranks and residents in the area witnessed the event.



CIJW - 36 Courses Successfully Culminates at Maduru Oya

The passing out parade of Counter Insurgency and Jungle Warfare (CIJW) Course No - 36 for Other Ranks was held at the Army Training School in Maduruoya (ATS) under the patronage of Brigadier K T P De Silva RSP ndu psc, the Commandant, ATS on 08 April 2024.

42 Other Ranks, who successfully completed the CIJW Course No - 36 received their certificates. Corporal Silva J H K of 1 Special Forces Regiment was awarded as the Best Student of the Course. The course was held from 16 January 2024 to 08 April 2024. Senior Officers, Officers and Other Ranks participated in the occasion.

Inspiring Lecture at 52 Infantry Division

A successful Psychological Operation Workshop was held at the 52 Infantry Division on 25 April 2024 with the participation of Officers and Other Ranks serving in the 52 Infantry Division and its under-command battalions.

Troops of the 52 Infantry Division in liaison with the Directorate of Media & Psychological Operations organised this educative session under the direction of Major General Y A B M Yahampath RWP RSP ndu psc, the General Officer Commanding of 52 Infantry Division, aiming to boost the morale of the soldiers while imparting knowledge about history.

Lieutenant Colonel E A A S Chaminda, Editor-in-Chief of the Ranaviruwa Monthly Magazine enlightened the audience on 'Sri Lanka Army War Literature' sharing exceptional wartime experiences under the theme of 'Heroic Defender' and Major M H M S Bandara from the Military Intelligence Corps delivered insights on 'Proud Soldier,' emphasising the significant role of a professional soldier. 20 Officers and 318 Other Ranks participated in the lecture.



Accounting Workshop for Army Sports Committee Members



An accounting lecture for members of the Sri Lanka Army Sports Committee was held at the Conference Hall of the Army Sports Development Village on 27 March 2024 under the guidance of Brigadier G A T Godewatte RWP RSP, the Director, Directorate of Sports. Major J P M Gamage of the Sri Lanka Army General Service Corps, conducted the session.

The objective of the lecture was to enhance the participants' understanding on accounting practices relevant to their roles in the committee. 06 Officers and 35 Other Ranks participated in the lecture session.

Drug Prevention Programmes

10 Sri Lanka Light Infantry and 16 Sri Lanka Sinha Regiment together with the National Drug Prevention Unit (Vishwamadu) organised a drug prevention programme for students of Palinagar Maha Vidyalaya and Kanagarayankulam Maha Vidyalaya on 05 April 2024 under the supervision of the Colonel M G A Malandeniya RSP, Commander, 561 Infantry Brigade.

The informative lecture was focused on adverse effects, varieties of dangerous drugs, factors for drug addiction among the school children, illicit substances and impact of such uses and repercussions. Mrs. A Vimala – Instructor of National Drug Prevention Unit conducted the lecture.



Officers and Other Ranks of 10 Sri Lanka Light Infantry and 16 Sri Lanka Sinha Regiment, over 400 students and teachers participated in the event.



A drug prevention programme was conducted at Vidyawardhana College, Pelawatta on 02 April 2024 under the guidance of Brigadier M K D P Mapalagama psc, the Commander of 144 Infantry Brigade.

Lieutenant Colonel E R S Dayananda of the National Cadets Corps, who served as the Coordinating Officer of the Rehabilitation Bureau conducted the lecture, enlightening students about the detrimental effects of drug abuse and methods to combat addiction. 100 students took part in the programme.

Troops of 17 (V) Sri Lanka Light Infantry organised an awareness programme on drug prevention at V/ Sirisumana Vidyalaya, Vavuniya on 22 March 2024 under the supervision of Brigadier T M S J Tennakoon RSP, the Commander of the 562 Infantry Brigade under the theme of 'Achieve Victory of Childhood Beyond Challenges'.

Mrs. H M T K Senevirathne, a lecturer, counselor, and assessor of the North Central Province National Dangerous Drugs Control Board (NDDCB) educated the audience on drug prevention. Senior Officers, Officers and Other Ranks took part in the event.



14 Infantry Division Marks Its 13th Anniversary



The 14 Infantry Division proudly celebrated its 13th anniversary on 06 April 2024, with a series of events under the guidance of Major General K A W N H Bandaranayake USP, the General Officer Commanding (GOC) of 14 Infantry Division. The anniversary celebration was included with Guard Turnout followed by Guard of Honour for the General Officer Commanding of 14 Infantry Division and an all-ranks tea and dinner. Senior Officers, Officers and Other Ranks of the 14 Infantry Division participated in the event.

21 Infantry Division Marks Its 36th Anniversary



The 21 Infantry Division proudly celebrated its 36th anniversary on 04 April 2024, following a series of events under the guidance of Major General H H K S S Hewage, the General Officer Commanding, 21 Infantry Division. The anniversary was included with religious and military parades. A friendly cricket match between division branches, all-night 'Pirith' chanting, almsgiving, all ranks lunch and a musical evening were included in the anniversary celebrations. Senior Officers, Officers and Other Ranks of 21 Infantry Division participated in the event.

Eye Clinic from 56 Infantry Division



The 11 Gemunu Watch (11 GW) organised an Eye Clinic at Primary Medical Care Premises, Bogaswewa on 23 March 2024 with the aim of assisting visually impaired residents in Bogaswewa area. 424 visually impaired patients were benefited during the programme. Furthermore, some patients were forwarded for cataract surgeries under the evaluation of an eye specialist doctor while the others received the spectacles.

The programme was launched with the generous contribution of Dr. Sarveswaran, the Secretary of Assist to Rehabilitation and Resettlement Organization under the guidance of Major General S Kasthurimudali RSP ndc psc, the General Officer Commanding of 56 Infantry Division.

New House for Deserving Family in Galle



Under the guidance of the General Officer Commanding, 61 Infantry Division, the troops of 2(V) Gemunu Watch successfully built a new house for a deserving family residing in Poddala, Galle. The house warming ceremony took place on 20 March 2024 and Brigadier W M L S Dayawansa, the Deputy General Officer Commanding of 61 Infantry Division, graced the occasion as the Chief Guest. During the event, two coconut saplings were planted by the Deputy General Officer Commanding, 61 Infantry Division and the Divisional Secretary of Bope Poddala Divisional Secretariat to mark the occasion.

New House from 6 Sri Lanka Artillery for Needy Family



Troops of the 6 Sri Lanka Artillery, laid the foundation stone for a new house for a needy family in Meevitigammana on 28 March 2024. The initiative was conducted under the guidance of Major General K A W N H Bandaranayake USP, the General Officer Commanding of 14 Infantry Division and supervision of the Commander of 141 Infantry Brigade.

Generous donors including Mr. Sabri, Mrs. Sabitha Vindani Sarap, the Secretary of 'Let us be a Shadow Foundation' and Mr. Gihan Malalgoda extended the much required financial sponsorship for those constructions. The General Officer Commanding of 14 Infantry Division participated in the event as the Chief Guest. Senior Officers, Officers, Other Ranks, family members and villagers were also present at the occasion.

10 SLSC Builds Home for Family of Deceased Soldier



The troops of 10 Sri Lanka Signal Corps (10 SLSC) built a new house and vested on 22 March 2024 for a family of a deceased Non-Commissioned Officer who suddenly passed away during an accident.

The 'Api Wenuwen Api' trust funded the construction project and 10 SLSC provided the much-required manpower for the project. Major T T N Mendis USP, the Officiating Commanding Officer of 10 SLSC graced the occasion as the Chief Guest for the house warming ceremony. Senior Officers, Officers and Other Ranks were also present during the event.

Colonel of the Regiment Visits Battalions



17th Colonel of the Regiment of Sri Lanka Light Infantry Regiment Major General G M N Perera RWP RSP USP ndc, visited the undercommand battalions after assuming the duties as the Colonel of the Regiment of Sri Lanka Light Infantry Regiment. Accordingly, he visited the Battalions of 3 SLLI, 4 SLLI, 6 SLLI, 7 SLLI, 10 SLLI, 12 SLLI, 15 SLLI, 19 SLLI, 9 (V) SLLI and 17 (V) SLLI Battalions on 22nd, 23rd and 24th on March 2024 and inspected troops deployment and the duties of each battalion. The visit culminated with troop address. Brigadier G M S J Thennakoon RSP Commander, 562 Infantry Brigade also participated in the visit.

Black Cottage No. 01 Declared Open



Major General P A M Peris RSP USP psc, General Officer Commanding of 22 Infantry Division declared open the newly built 'Black Cottage No. 01 Holiday Resort' on 25 March 2024. The construction was made possible under the fullest supervision of Lieutenant Colonel H G K S Dharmadasa RWP RSP, Commanding Officer of 10 (V) Gajaba Regiment with the manpower of all ranks of the 10 (V) Gajaba Regiment.

221 Infantry Brigade Distributes School Accessories



The 221 Infantry Brigade organised a school accessories distribution programme on 15 March 2024 for 20 students at Sagarapura Sinhala College in Trincomalee and Pulmudei Happy Kids Preschool on 15 March 2024.

The programme was initiated following the conceptual layout of Major General P A M Peiris RSP USP psc, the General Officer Commanding of the 22 Infantry Division. Dr. Nadith Kaushlya, Head of Chestnut Education in the United Kingdom extended much required financial generosity. Senior Officers, Officers and Other Ranks participated in the event.

A Special Entertaining Programme at the Sukitha Children's Home



582 Infantry Brigade organised a musical programme for 83 special needs children at Sukitha Children's Home, Horana on 08 April 2024. The event was conducted under the guidance of Brigadier M L D S Molligoda USP psc, the Commander of 582 Infantry Brigade. Additionally, a delicious lunch was also provided for the children with the sponsorship of Dr. Tharushi Dilhara and Dr. Jinanjala Shanika Wijegunasekara. Senior Officers, Officers, Other Ranks and sponsors were also present at the event.

2 (V) SLSR Found Hanthana Missing Couple



Troops of 2 (V) Sri Lanka Sinha Regiment launched a rescue operation to find a missing couple in Hanthana mountain range on 06 April 2024 under the guidance of Major General S R B Aluvihare RWP RSP ndu psc, the Commander, Security Forces (Central). Fortunately, they were able to find the missing couple before the morning. Two Officers and five Other Ranks, participated in the operation under the supervision of the Commander, 111 Infantry Brigade and the Commanding Officer of 2 (V) Sri Lanka Sinha Regiment.

'Thuru Mithuru Nawa Ratak' Project at Pampemadu



In line with the 'Thuru Mithuru Nawa Ratak' project, the troops of the 7 Sri Lanka Sinha Regiment and 17 (V) Sri Lanka Light Infantry organised a programme to plant and distribute 'Mahua' saplings, which are highly beneficial for the agriculture industry on 20 March 2024 at the 56 Infantry Division.

Major General S Kasthurimudali RSP ndc psc, the General Officer Commanding of the 56 Infantry Division, graced the event as the Chief Guest. Brigadier T M A S J Thennakoon Commander, 562 Infantry Brigade, Agri Officials, Grama Niladhari, farmers in the area, Officers and Other Ranks participated in the event.

Sri Lanka Army Seva Vanitha Unit Brings New Avurudu Gifts for All

Aiming to provide an economic ease for those serving at the Sri Lanka Army Headquarters, Sri Lanka Army Seva Vanitha Unit – the premier in Army Welfare organised a series of programme for soldiers and civil servants in line with the Sinhala and Tamil New Year on 04, 08 and 09 April 2024. Mrs. Janaki Liyanage, the President, Sri Lanka Army Seva Vanitha Unit graced the occasion as the Chief Guest.



Generous Assistance from Army Seva Vanitha Unit

The fourth monthly meeting of the Army Seva Vanitha Unit (ASVU) was held at the Army Headquarters with the participation of Presidents of Regimental Seva Vanitha Branches, Executive Board and Senior Members under the patronage of Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit on 19 April 2024.

During the meeting, Dr. Mahendra Ekanayaka conducted a thought-provoking lecture on non-communicable diseases, Breast cancers and how to identify cancers and preventive measures. In addition, a financial grant of 600,000.00 was awarded for four soldiers serving at the Corps of Sri Lanka Engineers to build their houses while granting of 300,000.00 for a civilian employee.



President, ASVU Visits SERRIC

Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit (ASVU), paid a visit to the Senehasa Education Resource Research and Information Centre (SERRIC) on 02 April 2024 to inquire the wellbeing of the children. After inquiring the wellbeing of the children visiting each classroom, President, ASVU presented them with gift parcels and witnessed their dancing and singing performances.

Brigadier G G R Madugoda USP, the President of Ranaviru Seva Authority and Commandant of the Senehasa Education Resource Research and Information Centre (SERRIC), Senior Officers, Officers and Other Ranks were present at the occasion.



Generous Aid from ASVU for SERRIC



Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit (ASVU), donated a financial grant of Rs. 100,000.00 on 09 April 2024 to the Senehasa Education Resource Research and Information Centre (SERRIC) to arrange a special New Year Festival for children with special needs.

Brigadier G G R Madugoda USP, Director of Senehasa Education Resource Research and Information Centre and Brigadier Coordinating, ASVU were present at the occasion.

Donation Programme from ASVU at Diyathalawa



The Army Seva Vanitha Unit (ASVU) distributed 200 dry ration packs among selected Army and civil personnel serving at Security Forces (Central) on 22 April 2024 at the Golf Club, Diyathalawa aiming to uplift their living standards. Mrs. Janaki Liyanage, the President, ASVU graced the occasion as the Chief Guest and distributed those dry ration packs among the recipients.

In line with the same event, Army Seva Vanitha Unit distributed school accessories among students of Mihindu Maha Vidyalaya, Kadurugamuwa, Diyathalawa on same day under the patronage of Mrs. Janaki Liyanage, the President of ASVU. Accordingly, 111 students were benefited from the programme. Major General S R B Aluvihare RWP RSP ndu psc, Commander of Security Forces (Central), Brigadier Coordinating of ASVU, Senior members of ASVU, Senior Officers, Officers and Other Ranks were present at the occasion.

Sri Lanka Armoured Corps Seva Vanitha Branch



25th Annual General Meeting of the Sri Lanka Armoured Corps Seva Vanitha Branch (SLACSVB) was held on 24 March 2024 at the Cavalry Officers Mess, Rock House, under the patronage of Mrs. Samangika Fernando, the President SLACSVB. Dry ration packs were distributed among 05 soldiers and a wheelchair was also donated for Lance Corporal A B T Madhusanka Kumara of 3 the Sri Lanka Armoured Corps, who is undergoing medical treatment at 'Ranaviru Sevana – Ragama' during the programme. Moreover, a comedy segment performed by the renowned duo Janai - Priyai, marked the culmination of the occasion.

Sri Lanka Artillery Seva Vanitha Branch



The Annual General Meeting of Sri Lanka Artillery Seva Vanitha Branch (SLASVB) took place on 23 March 2024 at Sri Lanka Artillery Regimental Centre under the guidance of Mrs. Swendrini Rodrigo, the President of Sri Lanka Artillery Seva Vanitha Branch. The meeting was coloured by an enlightening lecture of Mrs. Chandani Bandara, an experienced Beautician, on women's beauty maintenance and enhancement.

Sri Lanka Engineers Seva Vanitha Branch



Mrs. Shammi Jayawardena, the President of the Sri Lanka Engineers Seva Vanitha Branch (SLESVB) together with its members visited Mihindu Seth Madura, Attidiya on 27 March 2024 to inquire about the wellbeing of War Heroes and gifted two TVs (32' inches) and gift parcels for the residents.

Major General P P A Perera Hdmc psc, Chief of Staff of Chief of Defence Staff Office, Senior Officers, Officers, and Other Ranks also joined with the visit.

Sri Lanka Light Infantry Seva Vanitha Branch



Sri Lanka Light Infantry Seva Vanitha Branch (SLLI SVB) distributed gift packs among soldiers and civil personnel serving at the Sri Lanka Light Infantry Regimental Centre on the occasion of the Sinhala and Tamil New Year Festival on 06 April 2024 at the Sri Lanka Light Infantry Regimental Centre. Mrs. Vajira Perera, the President, the Sri Lanka Light Infantry Seva Vanitha Branch and members participated in the occasion.

Gemunu Watch Seva Vanitha Branch



Gemunu Watch Seva Vanitha Branch (GWSVB) organised a Seva Vanitha fair at the Kuruwita Public Stadium on 11 April 2024 on account of the Sinhala and Tamil New Year 2024. The businessmen in the area presented number of stalls offering a wide variety of groceries, stationery, and household items. Major General S W B Welagedara RSP VSV USP ndc, the Colonel of the Regiment of Gemunu Watch, and Mrs. Manori Welagedara, the President of Gemunu Watch Seva Vanitha Branch graced the occasion as the Chief Guest.

Gajaba Regiment Seva Vanitha Branch



The cordial meeting of Gajaba Regiment Seva Vanitha Branch was held on 18 April 2024 under the patronage of Mrs. Dilupa Peris, the President of Army Seva Vanitha Unit at the Regimental Centre of Gajaba Regiment. The welfare programmes to be implemented by the Gajaba Regiment Seva Vanitha Branch were discussed during the cordial meeting. Senior Officers, Officers and Other Ranks participated in the event.

Mechanized Infantry Regiment Seva Vanitha Branch



A donation programme was organised on 17 March 2024, following the conceptual notion of Mrs. Priyanga Wickramasinghe, the President of Mechanized Infantry Regiment Seva Vanitha Branch (MIRSVB), to provide dry ration items, stationeries, medicine and sanitary items to Buddhist nuns at Sri Vidyadeepa Meheni Pirivena in Gangoda and Pilimathalawa. Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, the Commander of Security Forces (Jaffna) and Colonel of the Regiment, Mechanized Infantry Regiment, graced the event as the Chief Guest. Senior Officers, Officers and Other Ranks participated in the event.

Commando Regiment Seva Vanitha Branch



The annual general meeting of Commando Regiment Seva Vanitha Branch (CR SVB) was held on 24 March 2024 at the Commando Regiment Officers' Mess in Ganemulla. In line with the same event, a beauty culture workshop was also conducted by Mrs. Chandani Bandara in collaboration with 4EVER Pvt Ltd. The occasion was coloured with comedy items and drum beatings. Mrs. R. M Nayana Nimali Ranathunga, the President of the Commando Regiment Seva Vanitha Branch graced the occasion as the Chief Guest.

Special Forces Seva Vanitha Branch



Following the conceptual layout of Mrs. Anoja Peiris, the President, Special Forces Seva Vanitha Branch (SFSVB), a programme to distribute essential items for expecting mothers residing in Bogaswewa was held on 10 April 2024. Major General J P C Peiris RWP RSP ndu, Colonel of the Regiment of Special Forces, members of Special Forces Seva Vanitha Branch, Senior Officers, Officers and Other Ranks participated in the event.

Military Intelligence Corps Seva Vanitha Branch



Military Intelligence Corps Seva Vanitha Branch (MICSVB), in collaboration with the Sri Lanka Eye Donation Society in Colombo, organised a medical camp for civilians in Karadeniya area on 26 March 2024 at the MIC Regimental Centre. Major General W H K S Peiris RWP RSP VSV USP ndu, the Chief of Staff and Colonel Commandant of Military Intelligence Corps, and Mrs. Dilupa Peiris, the President of Military Intelligence Corps Seva Vanitha Branch graced the occasion as the Chief Guest. During the event, 288 civilians those who found with weak eyesights received spectacles. Senior Officers, Officers, Other Ranks and members of Military Intelligence Corps Seva Vanitha Branch were also present at the event.

Corps of Engineer Services Seva Vanitha Branch



Corps of Engineer Services Seva Vanitha Branch Unit (CES SVB) distributed 200 dry ration packs among selected Army and civil personnel working at the Corps of Engineer Services (CES) on 09 April 2024 at the 7 (V) Corps of Engineer Services. Mrs. Surangi Amarapala, the President, Corps of Engineer Services Seva Vanitha Branch graced the occasion as the Chief Guest and distributed those relief packs among the recipients. Commanding Officer of 7 (V) Corps of Engineer Services, Officers, Senior members of Corps of Engineer Services Seva Vanitha Branch and Other Ranks were present at the occasion.

Sri Lanka Army Service Corps Seva Vanitha Branch



In line with the Sinhala and Tamil New Year, Sri Lanka Army Service Corps Seva Vanitha Branch distributed dry ration packs among selected civil personnel serving at the Sri Lanka Army Service Corps on 09 April 2024 at the Sri Lanka Army Service Corps Regimental Centre. 200 personnel benefited from the programme. Major General A K Rajapaksa RSP, Colonel Commandant, Sri Lanka Army Service Corps along with Mrs. Chandi Rajapaksha, the President, Sri Lanka Army Service Corps Seva Vanitha Branch graced the occasion as the Chief Guest and distributed those relief packs among the recipients.

Sri Lanka Army Medical Corps Seva Vanitha Branch



Coinciding with International Women's Day, the Sri Lanka Army Medical Corps Seva Vanitha Branch conducted a programme at the Sri Lanka Army Medical Corps Regimental Centre on 23 March 2024 under the patronage of Dr. Nilmini Fernando, the President of Sri Lanka Army Medical Corps Seva Vanitha Branch. The programme was included with an educative lecture on breast cancer, a beauty culture programme by British Cosmetics, and an entertainment event. All participant's received gift packs at the end of the event.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



The Central Arms & Ammunition Depot organised a donation programme on 31 March 2024 under the patronage of Mrs. Iresha Fernando, the President of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch to distribute the essentials for the differently-abled War Heroes in the Central Arms & Ammunition Depot. Senior Officers, Officers, Other Ranks and members of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch were present at the event.

Sri Lanka Army General Service Corps Seva Vanitha Branch



Sri Lanka Army General Service Corps Seva Vanitha Branch held a traditional New Year festival to mark the dawn of Sinhala and Tamil New Year on 09 April 2024 at the Sri Lanka Army General Service Corps Regimental ground with the participation of a large crowd of Senior Officers, Officers and Other Ranks of Sri Lanka Army General Service Corps.

Major General W W H R R V M N D K B Niyangoda RWP VSV USP ndu psc, the Colonel Commandant of Sri Lanka Army General Service Corps together with Dr. (Mrs) Himali Niyangoda, the President of Sri Lanka Army General Service Corps Seva Vanitha Branch graced the occasion as the Chief Guest.



Sri Lanka Army Women's Corps Seva Vanitha Branch

Mrs. Udula Kasthurimudali assumed duties as the 25th President of the Sri Lanka Army Women's Corps Seva Vanitha Branch on 22 April 2024 following auspicious hours.

Sri Lanka Army Corps of Agriculture and Livestock

Mrs. Varuni Kulathunga assumed duties as the 03rd President of Sri Lanka Army Corps of Agriculture and Livestock on 04 April 2024 at the Regimental Centre, Sri Lanka Army Corps of Agriculture and Livestock.



SUSTAINABILITY IN THE MILITARY AMID ECONOMIC CRISIS

GENERAL

In times of economic crisis, the concept of sustainability becomes increasingly critical, not only for state and civilian sectors but also for military organisations. The military, often characterised by its reliance on vast resources and high energy consumption, faces unique challenges when economic downturns occur. This essay explores how sustainability practices can be integrated in to military organisations to mitigate the impact of economic crisis while also addressing administrative concerns.

UNDERSTANDING SUSTAINABILITY IN THE MILITARY

Traditionally, military actions have been associated with high levels of resource consumption and man power usage. From fuel intensive electric vehicles to large scale training exercises, and the military activities have significant ecological footprints. However, there has been a growing recognition within military circles of the need to adopt sustainable practices.

Resource Efficiency. One of the key pillars of sustainability in the military is resource efficiency. During economic crisis, resource scarcity becomes more pronounced, making it imperative for military organisations to optimise their use of materials and energy. This can be achieved through measures such as improving equipment maintenance to extend lifespan implementing energy saving technologies, and reducing mismanagement during day to-day works, training exercises and operations.

Renewable Energy. Investing in renewable energy sources offers multiple benefits for the military, particularly during economic downturns. By harnessing solar, and other renewable sources, military institutions can reduce their reliance on fossil fuel, thus lowering operating costs and enhancing energy security. Additionally, renewable energy systems can provide critical backup power during emergencies, ensuring continuity of operations even in times of economic instability.

Training and Education. Effective sustainability practices required for all levels of the military hierarchy, which underscores the importance of training and education. By integrating sustainability principles in to training programmes, military personnel can develop the skills and knowledge needed to implement resources saving practices in their day-to-day operations. This includes training on energy conservation, and waste reduction.

Resilience and Adaptation. Economic crisis can disrupt supply chains and logistic networks, posing challenges for military readiness. Building resilience and adaptation in to military operations can help to mitigate these risks. This may involve diversifying supply sources, developing contingency plans for resources shortages and investing in researches that enhance operational flexibility. By proactively addressing vulnerabilities, military organisations can better withstand the impacts of economic instability.



Integration of Electric Vehicles.

Integration of electric vehicles (EVs) into military usage can significantly cut fuel costs, reducing expenses, and EVs offer lower operational costs due to cheaper electricity compared to traditional fuel. Additionally, EVs require less maintenance, resulting in long term savings. By transitioning to electric fleets, the military can not only reduce its reliance on costly fossil fuels but also contribute to environmental sustainability, aligning with broader goals of energy efficiency and conservation.

CHALLENGES AND OPPORTUNITIES

Despite the clear benefits of sustainability in the military, several challenges must be overcome to realise its full potential. These include initiatives, and resistance to misuse. However, economic crisis also present opportunities for innovation and transformation. By framing sustainability as strategic imperative rather than a discretionary expense, military leaders can garner support for initiatives that simultaneously enhance operational effectiveness. Budget constraints may drive innovation in defense technologies, encouraging the development of more cost – effective solutions. Furthermore, collaborations with the private sector and academia can accelerate research and development efforts.



CONCLUSION

In conclusion, sustainability in the military is not only desirable but also essential, particularly in times of economic crisis. By prioritising resources efficiency, investing in renewable energy, adopting economical practices, providing training and education, and fostering resilience and adaptation, military organisations can navigate economic downturns while also contributing to country efforts to combat the challenge. Embracing sustainability is not a just a matter of individual responsibility; it is a strategic imperative for ensuring the long-term viability and effectiveness of military operations in an uncertain environment.



Compiled by
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“The primary cause of spinal complications are due to the exercises done in an inappropriate way”



Colonel Lisitha Kularatne

**Specialist Orthopedic Surgeon
Army Hospital - Narahenpita**

Colonel (Dr.) Lisitha Kularatne is a specialist orthopedic surgeon serving at Army Hospital - Narahenpita. The Senior Officer is a professional with extensive knowledge of various diseases related to the spinal cord and has successfully performed a number of emergency surgeries. He had his primary education from St. Benedict's College, Colombo and higher education from the Royal College, Colombo 07.

Later, he completed his medical degree from University of Sri Jayawardenepura. After joining the Military Academy as a Direct Enlisted Officer, he completed his training attached to the Sri Jayawardenepura Hospital, and promoted to the rank of Captain. As a Captain of the Sri Lanka Army he has served in Army Hospital at Gall Face in Colombo, Jaffna, Trincomalee and Wanni.

He was promoted to the rank of Lieutenant Colonel in 2011 and entered the University of Malaya Medical Centre in

Malaysia for advanced surgical training related to spinal cord of children and returned to Sri Lanka in 2015. After, completing 02 years of service at the 'Rockhampton' Hospital in the state of Queensland, Australia, he worked as a certified Medical Orthopedic Surgeon of the Sri Lanka Medical Council. In the meantime, he received a one-year training from the Royal Brisbane Women's Hospital in Australia on spinal diseases of adults.

The Senior Officer promoted to the rank of Colonel in the year 2019, as the first Sri Lankan surgeon with international medical qualifications and certification (Fellowship Internationally Qualified First Veteran Surgeon in Sri Lanka). Now he is serving attached to the Orthopedic Surgery Department of the Army Hospital in Narahenpita, Colombo.

This interview with him showcases his profound insights and diverse expertise in the field.

Question :-

What are the most common diseases in spinal code?

Answer :-

There are two possible diseases related to the spine. They are Traumatic and Non-Traumatic. Especially accidents, such as car crash cause 'traumatic' spinal injuries. 'Non-traumatic' causes due to the natural aging, ingestion of poison through food or any other means, complications caused by cancer. Rarely, the same complications arise with birth defects.

However, the most commonly seen spinal complications among military personnel are bone fractures caused by accidents, severe muscle injuries and slip disc or nerve compression. Also, these conditions are primarily caused due to the improper strenuous exercise and rigorous drill activities and improper first aid measures or manual errors that occur when shifting an injured person from one place to another (way of lifting the patient).

When the patient's spinal cord is damaged it is immobilised forever. Therefore, it is more important to have the correct understanding of the first aid.

**Question :-**

Can participating in martial arts or bodybuilding lead to spine-related complications in the future?

Answer :-

This situation can be analysed as follows. Today, many people are engaging in unnecessary exercises in an incorrect way to shape their body, to develop muscles in the chest and arms, to remove the subcutaneous fat layers accumulated in the abdominal areas, etc.

There is a risk for them to suffer from diseases related to the spinal cord due to the wrong postures during exercises. However, according to Charles Darwin's Theory of Evolution, humans have transitioned from a quadrupedal to a bipedal stance, making our posture muscles among the most crucial and powerful. This is called 'Bifid Posture'.

That means, we should pay more attention to keep the muscles related to the spine strong. Unfortunately, people working in many institutions in Sri Lanka, including the Army members, do not pay any attention to their spine in their daily activities and exercises.

Reportedly non-accident spinal problems are caused due to not maintaining accurate posture while performing the related activities. It's important to note that if someone experiences a spinal cord injury due to an accident (including road accidents), they should undergo a thorough medical examination at a hospital to check for possible complete or partial fractures of the spine and spinal cord. Providing the patient with essential first aid measures is crucial in such situations.

This situation is medically interpreted as "Unless proven otherwise, every patient has a spinal injury, hence spinal precautions to be taken during first aid and transport of the patient to a hospital" etc.

Question :-

What are the recommended postures for daily activities to protect the spine?

Answer :-

Poor posture often leads to back pain and discomfort because it places unnecessary strain on the muscles around the spine. When lifting weights, it's crucial to use proper technique to minimise strain on the spine. Strengthening the abdominal and back muscles with correct posture and techniques may reduce spinal stress and help alleviate back pain, which is especially beneficial for those with spine-related degenerative conditions.

Maintaining a straight and active posture while standing is important to avoid putting undue tension on the spine ligaments caused by slouching forward, which can lead to conditions like kyphosis (excessive outward curvature of the spine) and reduced thoracic cavity volume. When sitting, it's essential to use a chair that fits your body well, keeping your back straight and your hips and knees at a 90-degree angle. If your feet don't reach the ground, use a footrest for support.

Avoid prolonged sitting or standing to prevent unnecessary pressure on the back. When driving, sit comfortably with your elbows slightly bent, ensuring your lower back is supported against the seat. You should be able to extend your leg easily to press the brake pedal without straining your back.

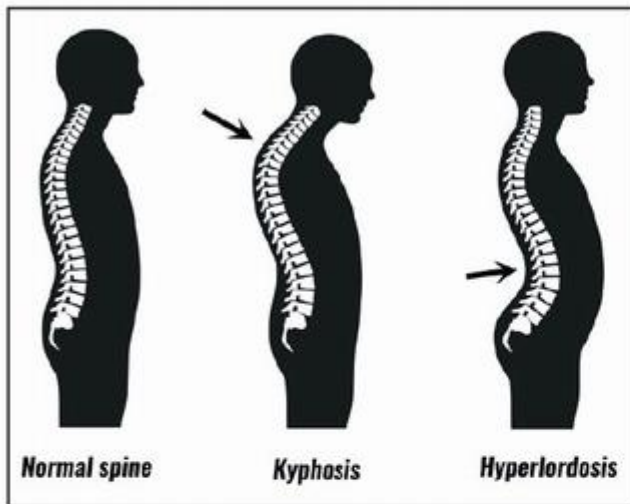
Question :-

Can you provide a brief overview of the surgeries and treatments conducted by the Orthopedic Surgery Unit at Army Hospital in Narahenpita?

Answer :-

Currently, all orthopedic surgeries at the Army Hospital in Narahenpita are supervised by Senior Officers, Specialist Orthopedic Surgeon Dr. S D Karunaratne, and Brigadier Primal Peiris, based on collective agreements with other surgeons. The hospital has five full-time specialist orthopedic surgeons who meet daily to make treatment decisions for patients under their supervision.

This collaborative approach mirrors practices seen in developed countries worldwide and is unique among government and private



hospitals in Sri Lanka. Additionally, the Army Hospital in Narahenpita is the sole facility in the country equipped to handle surgical procedures for spinal deformities, including scoliosis, in both children and adults.

Question:-

Could you share some highlights of your successful career as an experienced orthopedic surgeon?

Answer :-

Certainly! I attribute a significant part of my success in surgery due to the guidance and mentorship I received from Professor Kwan from Malaysia and Dr. Yang from New Zealand during my medical training. Their expertise and teachings were invaluable as I practiced surgeries under their supervision. Following their guidelines and learning from their experiences has been instrumental in shaping my skills as a surgeon. Without their mentorship, I wouldn't have been able to perform surgeries successfully as I do today. I am grateful for the knowledge and insights they imparted to me during that crucial period of my career.



*By Lieutenant Duminda Senarath
2 SLAGSC
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12 (V) ESR Clinches Victory at Inter-Regiment Drill Competition

The inaugural Inter-Regiment Drill Competition was held on 14th and 15th March 2024, under the visionary guidance and leadership of Major General A H L G Amarapala RWP RSP ndc psc, the Colonel Commandant of Corps of Engineer Services and Director General Financial Management of the Sri Lanka Army.

12 (V) Corps of Engineer Services emerged victorious in the first place, pushing 3 Corps of Engineer Services to the second position, and 4 (V) Corps of Engineer Services to the third position. Captain A K N Miushan from 12 (V) Corps of Engineer Services emerged as the Best Commander and Staff Sergeant Allawala M K N of 12 (V) Corps of Engineer Services emerged as the Best Drill Instructor. The title of Best Marker was secured by Sapper Jayasinghe J K M M V S from 3 Corps of Engineer Services.



SPECIAL ROOM CHARGES OF LAYA HOTELS



Type	Meal Plan	For Army 1 PAX	For Army 2 PAX	For Army 3 PAX	For Army 4 PAX	For Army 5 PAX	For Army 6 PAX	For Army Room Only	Base Rate for Civil
SGL	BB	7,200.00	8,400.00						21,500.00
	HB	8,700.00	10,200.00					6,000.00	23,600.00
	FB	10,200.00	11,700.00						25,800.00
DBL	BB	9,200.00	10,400.00	11,600.00	12,800.00				23,000.00
	HB	10,700.00	12,200.00	13,700.00	15,200.00			8,000.00	27,300.00
	FB	12,200.00	13,700.00	15,200.00	16,700.00				31,200.00
TPL	BB	11,700.00	12,900.00	14,100.00	15,300.00	16,500.00	17,700.00		25,200.00
	HB	13,200.00	14,700.00	16,200.00	17,700.00	19,200.00	20,700.00	10,500.00	31,800.00
	FB	14,700.00	16,200.00	17,700.00	19,200.00	20,700.00	22,200.00		37,600.00



Type	Meal Plan	For Army 1 PAX	For Army 2 PAX	For Army 3 PAX	For Army 4 PAX	For Army 5 PAX	For Army 6 PAX	For Army Room Only	Base Rate for Civil
SGL	BB	9,200.00	10,400.00						23,066.67
	HB	10,700.00	12,200.00					8,000.00	30,000.00
	FB	12,200.00	13,700.00						36,666.67
DBL	BB	11,200.00	12,400.00	13,600.00	14,800.00				36,666.67
	HB	12,700.00	14,200.00	15,700.00	17,200.00			10,000.00	50,666.67
	FB	14,200.00	15,700.00	17,200.00	18,700.00				64,000.00
TPL	BB	13,200.00	14,400.00	15,600.00	16,800.00	18,000.00	19,200.00		52,666.67
	HB	14,700.00	16,200.00	17,700.00	19,200.00	20,700.00	22,200.00	12,000.00	73,333.33
	FB	16,200.00	17,700.00	19,200.00	20,700.00	22,200.00	23,700.00		93,333.33

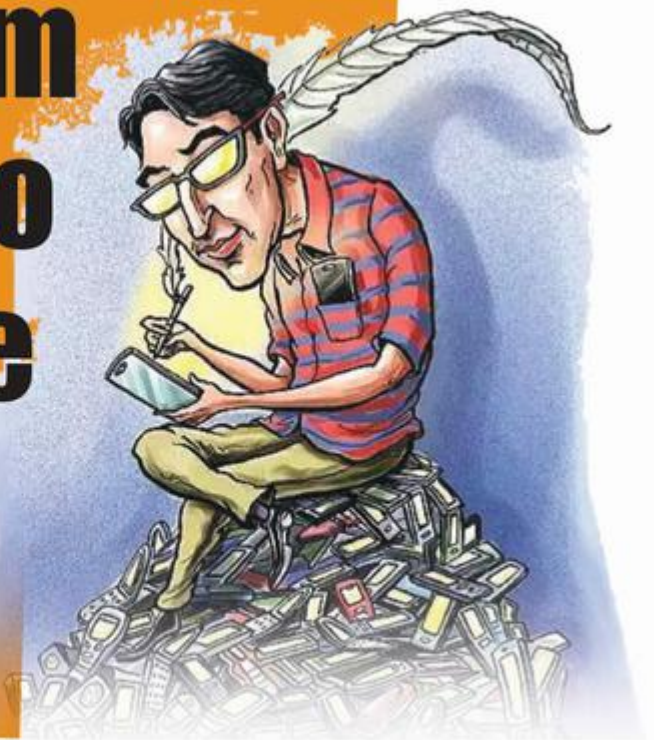


Type	Meal Plan	For Army 1 PAX	For Army 2 PAX	For Army 3 PAX	For Army 4 PAX	For Army 5 PAX	For Army 6 PAX	For Army Room Only	Base Rate for Civil
SGL	BB	8,200.00	9,400.00						15,000.00
	HB	9,700.00	11,200.00					7,000.00	16,500.00
	FB	11,200.00	12,700.00						19,500.00
DBL	BB	9,200.00	10,400.00	11,600.00	12,800.00				16,500.00
	HB	10,700.00	12,200.00	13,700.00	15,200.00			8,000.00	18,000.00
	FB	12,200.00	13,700.00	15,200.00	16,700.00				21,000.00
TPL	BB	12,200.00	13,400.00	14,600.00	15,800.00	17,000.00	18,200.00		18,000.00
	HB	13,700.00	15,200.00	16,700.00	18,200.00	19,700.00	21,200.00	11,000.00	19,500.00
	FB	15,200.00	16,700.00	18,200.00	19,700.00	21,200.00	22,700.00		22,500.00



Type	Meal Plan	For Army 1 PAX	For Army 2 PAX	For Army 3 PAX	For Army 4 PAX	For Army 5 PAX	For Army 6 PAX	For Army Room Only	Base Rate for Civil
SGL	BB	8,200.00	9,400.00						15,000.00
	HB	9,700.00	11,200.00					7,000.00	16,500.00
	FB	11,200.00	12,700.00						19,500.00
DBL	BB	9,200.00	10,400.00	11,600.00	12,800.00				16,500.00
	HB	10,700.00	12,200.00	13,700.00	15,200.00			8,000.00	18,000.00
	FB	12,200.00	13,700.00	15,200.00	16,700.00				21,000.00
TPL	BB	12,200.00	13,400.00	14,600.00	15,800.00	17,000.00	18,200.00		18,000.00
	HB	13,700.00	15,200.00	16,700.00	18,200.00	19,700.00	21,200.00	11,000.00	19,500.00
	FB	15,200.00	16,700.00	18,200.00	19,700.00	21,200.00	22,700.00		22,500.00

Feel Free from Addictions to the Invisible Net and Devices



Our habits define various spectrums of life. They differ from one person to another according to the capacities such as personality, nature, experiences, etc. When these habits go beyond the control, especially mentally and physically, they turn into an addiction.

Addictions are defined as 'a sort of uncontrollable thought, feeling, and behaviour within individuals that keeps attaching, even if it consists of any sort of harm to them.' Today, addictions can be seen everywhere; in good forms as well as in bad forms. Good addictions create good consequences whereas bad addictions create bad consequences. This article discusses and explores bad addictions and how such addictions create issues in human lives.

Many of those addictions create complex mental, physical, social, and economic issues. Hence, identification or awareness of addictions is vital. However, the article focus on addictions for digital devices.

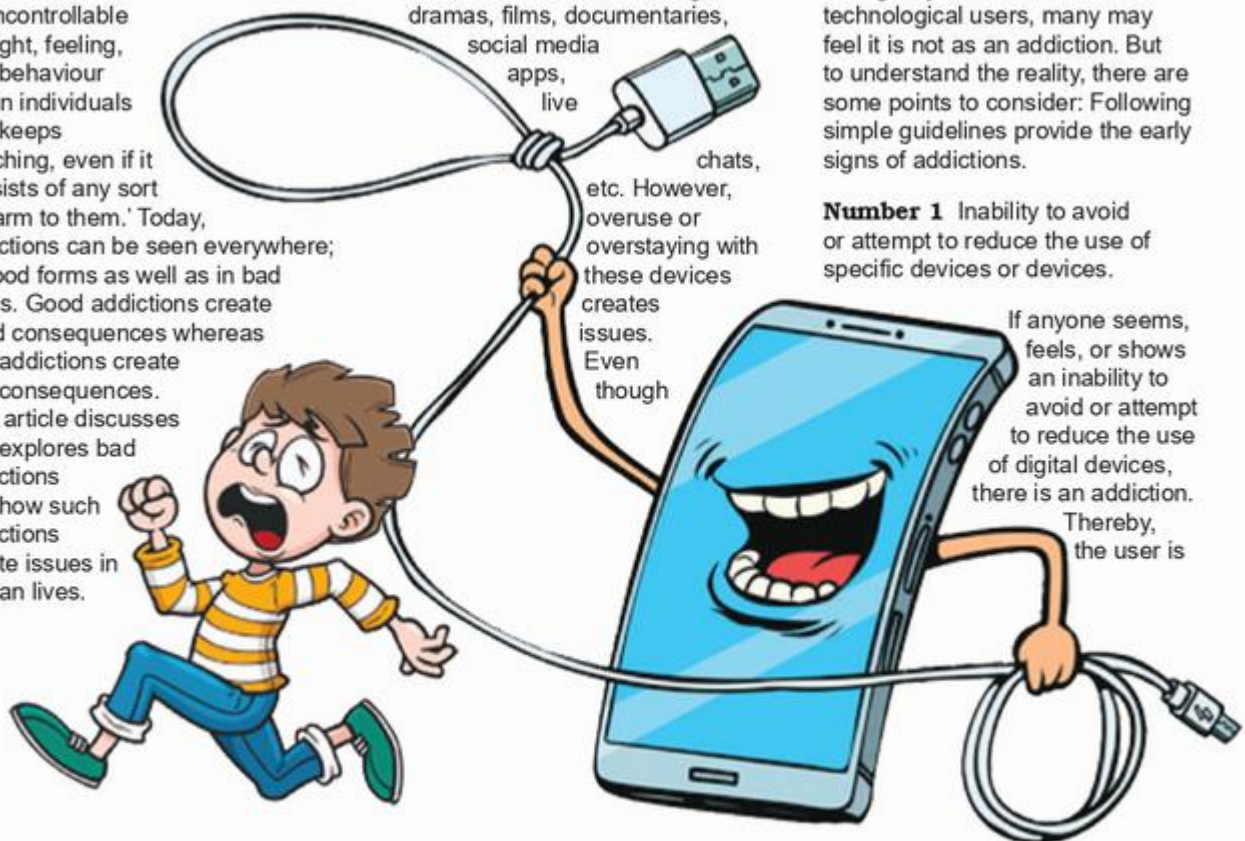
Digital devices and platforms include visual media like songs, dramas, films, documentaries, social media apps, live chats, etc. However, overuse or overstaying with these devices creates issues. Even though

using these digital devices and platforms seems simple and enjoyable, yet its constant engagement brings harmful consequences. Presently, it's common among males, females, kids, young people, middle-aged people, and even older generations.

As digitally educated and technological users, many may feel it is not as an addiction. But to understand the reality, there are some points to consider: Following simple guidelines provide the early signs of addictions.

Number 1 Inability to avoid or attempt to reduce the use of specific devices or devices.

If anyone seems, feels, or shows an inability to avoid or attempt to reduce the use of digital devices, there is an addiction. Thereby, the user is



trapped by its overuse, especially mentally and physically.

Number 2 Always having a mindset toward the use of digital devices.

Mentally, such a person has a thirst to use digital devices like social media apps, entertainment platforms, gambling applications etc. Thereby, they lose control over their other needs; and only think about spending their time on it.

Number 3 Uncontrollable feeling of using digital devices with the craving for missing something.

For example, while travelling, continuously check the devices (messenger or such related applications) in search of something missing or feel someone has called or has sent a message.

Number 4 Do not concern about important things in life such as education, work, relationships etc.

Due to the usage of devices education, relationships, personal hygiene, roles and tasks of employment and many other things could be missed.

Number 5 Seemingly upset, anxious, unpleasant, or unmotivated when no access to the digital devices.

What are the specific types of addictions?

Among various types of addictions, the most commonly seen addictions are following.

Sex Addiction: This refers to seeking sexual desires via the internet. It may be pornography, photographs, or any other means of seeking sexual pleasure through digital devices.

Game addiction: Addiction to internet-based games where individuals seek pleasure in spending time with games and activities.

Gambling Addiction: Gambling is also an addiction, but gambling via the internet and digital devices plays a different role, and paves the way to digital crimes and financial fraud. It includes online betting platforms, video games, and a series of various kinds of gambling.

Social Media Addiction: Social media addiction includes chatting, video photo uploading, and sharing thoughts through activities like spending many hours avoiding, missing, or neglecting other things in life which is of more importance.

Information addiction: This is a different kind of addiction where individuals seek information through the internet



unlimitedly. Since the information in par with their interests is available limitlessly on the internet, such individuals get addicted automatically. Due to their inextinguishable craving, they search for information continuously via YouTube, web etc having no control over it.

Today everybody has internet-connected devices at their fingertips which provides the easy access to videos, chats, photos, stories, etc. However, once you are connected to the internet and started to search for pleasure activities, your brain automatically tends to release pleasure chemicals like endorphins. This will lose control over the use of the devices.

What can we do to control?

Accept your addiction. Try to understand that you have to get away from the addiction.

Start small. Don't try to make changes overnight. You have addicted little by little; you have to get rid of it in the same way.

Continue with support. You cannot do it alone; you need support. The initial step is to consult a mental health specialist. He/she will guide you to get over it. Meanwhile, take the assistance of your loved ones or friends to help you in difficult situations (such as unknown addiction times).

Limit or avoid. Distract or uninstall any addictive applications. Keep regular intervals between the times of using the internet for essential requirements.

Switch on to physical exercises. Instead of staying online, try to go for a walk or play an available game like cricket, volleyball, football, cycling, hiking, etc.

Practice mindfulness. Try meditation, yoga, or engaging in religious activities related to your religion to heal and have control over your mind.

Have a goal. Always have a goal to overcome circumstances and then strive for it.

Be aware of triggers. Identify your triggers for addiction and be mindful of controlling them.

Further, we can't avoid using the internet or digital devices in this technological world. But we can have a control over it without falling into addiction. It's at our fingertips, not on others; therefore, learn to overcome an addiction.



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Sinhala and Tamil New Year Arrives Jaffna Fostering Hope for a Promising Future

As the nation ushers in the Avurudu season, this year holds a special significance for the Northern Province of Sri Lanka. Amidst the vibrant festivities and cultural celebrations, the people of the North are experiencing a renewed sense of hope and optimism, a departure from the challenges that have defined their recent past. For decades, the Northern citizens have yearned for a Sinhala and Tamil New Year where they could truly celebrate in freedom and peace. This year, their aspirations are closer to realisation than ever before, with many longstanding issues finally finding resolution.

The most notable transformation is the progress in addressing the burning concerns of civilians in the Northern Province. Land disputes - a longstanding grievance, are being addressed with the release of government-acquired lands back to their rightful owners. This move not only restores their rights, but also symbolises a step towards reconciliation and healing.





Drone image credit: Isuru Muduyanase

Another critical development of the area is the successful clearance of mines that once posed a grave risk to the safety and security in the villagers in Northern Province. The completion of demining operations has significantly improved the security and mobility of residents, allowing them to enjoy their public spaces with confidence. Also, the ancient kingdom, once isolated, is now witnessing a surge in tourism, marking a promising shift towards economic revival. The influx of visitors not only boosts the local economy but also unveils the region's rich cultural heritage and natural beauty to the world. Furthermore, agriculture, a cornerstone of livelihoods in the North, is experiencing a resurgence. The fertile lands are yielding abundant harvests, bringing prosperity again for farmers and their families. This agricultural revival not only fills pockets but also restore the self-sufficiency and empowerment among the agri-families.

In a significant breakthrough for the Northern civilians, a longstanding request to access their religious sites located within high-security zones has finally been granted by the Sri Lanka Army. This monumental decision has paved the way for believers to practice their faith freely at seven temples nestled within the Area of Responsibility of Security Forces (Jaffna). The list of temples now open for public veneration includes the Kaduwan Muttumari Amman Kovil, Vasavilan Manampirai Kovil, Vasavilan Shivam Kovil, Palali Naga Thampilan Kovil, Vasavilan Naga Kovil, Palali Raja Rajeswari Kovil and Palali Shaktiveli Murugan Kovil in Palali. These revered sites, previously inaccessible due to security concerns, are now welcoming devotees for

prayers and special poojas on a monthly basis.

The move to grant access for religious sites reflects a significant shift in policy, driven by the heartfelt requests of temple trustees and civil organisations in the area. Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, Commander of the Security Forces (Jaffna) responded to these appeals by affirming the importance of religious freedom while granting the necessary permissions for religious practices to be carried out unhindered. This development marks a significant moment of reconciliation and understanding within the



community. During the interview Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, Commander of the Security Forces (Jaffna) added that;

'The transition towards civil life in Jaffna and Kilinochchi districts is eventually underway.'

The Sri Lanka Army has played a crucial role in providing essential services to support this return to normalcy. Additionally, His Excellency President's focused attention on Jaffna has been a significant boost for civilians striving to improve their quality of life.

During the His Excellency President's visit to Jaffna to oversee the distribution of lands, he emphasised that regardless of nationality, ethnicity, or religion, everyone has the right to own land—a message that resonated deeply with the local community.

This commitment was a major victory for the civilians of Jaffna. Collaboratively with government and civil authorities, efforts are underway to organise a special programme for land distribution. With exceptions made for lands necessary for security purposes, all other lands will be issued accordingly. The Commander of the Army has issued clear directives to facilitate this process, ensuring that civilians regain rightful ownership of their lands'

The shadows of a thirty-year-long conflict may have receded, but its impact still lingers through the everyday lives of Sri Lankans, affecting socio-economic and cultural environments profoundly. Since 2002, nineteen (19) institutions have stepped up to assist in the demining efforts, crucial for restoring safety and normalcy to affected regions.

Demining initiatives led by the Sri Lanka Army, have notably made remarkable progress within short duration. Vast areas—over 866.94 acres assigned to the Army and 473.25 square meters allocated to non-government organisations—have been successfully cleared of landmines. Accordingly, marking 99% of progress in process, Sri Lanka Army cleared 866.11 acres and government organisation cleared 451.92% acres.

These liberated lands which were not accessible are now reclaiming their purpose, enabling human activities and offering a new hope for a prosperous future. Soon these lands will be fruitful with the golden harvest. That is a great boost for economy in the country and also a good sign of the secured future. Simultaneously, efforts are underway to restore civil freedom and heal the wounds inflicted by terrorism in Jaffna. Balancing national security with civilian needs, the issuance of lands to locals represents a significant step towards reconciliation, and long lasting sustainable peace fostering a renewed sense of community.

In a significant move towards revitalising communities in Valikamum North, His Excellency the President recently allocated 234 acres of land, previously acquired by the Security Forces (Jaffna), for local civilians. This landmark decision aims to use these lands for agricultural development under the Agriculture Programme of the government. Further, Palali Smart Agriculture programme has initiated as a joint venture of the landlords and Security forces in the area. Accordingly, the lands released shall be again cultivated. Moreover, the Sri Lanka Army is facilitating a platform for the marketing and distribution of agricultural products, empowering local farmers to showcase and sell their agri-productions. This effort not only promotes economic growth but also strengthens community resilience and fosters a sustainable future for North region.

Sharing his perspective on the positive changes happening in Jaffna, District Secretary M. Pratheepan further added that;

'Exciting changes are underway in Jaffna this year with a significant budget allocation of 322 million for



various projects under special development project. We've also submitted requests for 824 development projects to enhance the area. Also, Jaffna is being transformed into a popular tourist destination, attracting both local and international visitors in large numbers.

The resettlement process is nearing completion, and will be completed within next few months. Presently, only 34 displaced individuals of 10 families in three refugee camps are remaining in the area. Furthermore, the Security Forces in Jaffna have released 2,624.29 acres of land out of a total of 23,850.72 acres. The Sri Lanka Army has launched a number of projects to complete the resettlement soon'

Jaffna is now becoming increasingly popular among both local and foreign tourists, bringing great relief and economic benefits to the people of Jaffna. The growing tourism industry is creating number of job opportunities directly and indirectly, benefiting the local community. During our visit to Jaffna, we met Arrur Subramaniam Sami – an Indian who is currently engaged in a spiritual journey in Jaffna near Keeramale Pond.



'We are from Thiruwel, Tamil Nadu, and we have about 40 members in our pilgrimage group visiting Sri Lanka. I last visited Sri Lanka in 2017, and I must say the country has developed significantly since then. One of the standout qualities of Sri Lankans is their hospitality. We invite all Tamil tourists to explore not only Jaffna but the entire country. During our pilgrimage, we are

performing several poojas (religious rituals) at Keeramale and other sacred places. We believe that the blessings of the Lord will be upon us during this journey' Arur Subramaniam Sami shared his thoughts with us enthusiastically.

Mr. Thangathureyi Inbarasa - a resident in Jaffna, sharing his experience, explained that:



'I live in Naleenapuram Village. Previously I was in the Konapura, Mallakam refugee camp. But I am from Myladi. Thanks to the intervention of the Sri Lanka Army, 165 families were fortunate to receive houses from Sri Lanka Army. Some still keeping photos of the Army soldiers who built

their houses. We are in debt to them forever for bring our lives back. Now we all are living happily here. There were many refugee camps in Jaffna but now only three camps remaining in the area. Sri Lanka Army has released much of lands. We are grateful for the government. Recently, His Excellency the President released nearly two hundred and thirty acres of land for us including lands for agriculture'

These positive changes from Jaffna show signs of progress and growth, with the region flourishing alongside the south. These positive developments are not merely isolated occurrences but a collective feeling of hope and good future. For the first time in years, the Northern citizens are experiencing the progress and peace amidst the festive season. So, Sinhala and Tamil New Year this time brings all together, not only for festivities but also as a testament to resilience, unity, and brighter future for all Sri Lankans.



Written by Lt. Dilanka Gunathikala
Translated by Capt KVN Lakmali
Directorate of Media & Psychological Operations
Army Headquarters.

Drone image credit: Isuru Muduyanse

Sri Lanka Army Service Corps Seva Vanitha Branch



The 12th Annual General Meeting of Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB) was successfully held under the patronage of Mrs. Chandi Rajapakse, President, Sri Lanka Army Service Corps Seva Vanitha Branch on 23 March 2024 at the Regimental Centre, Sri Lanka Army Service Corps Conference Hall with the participation of 70 members.

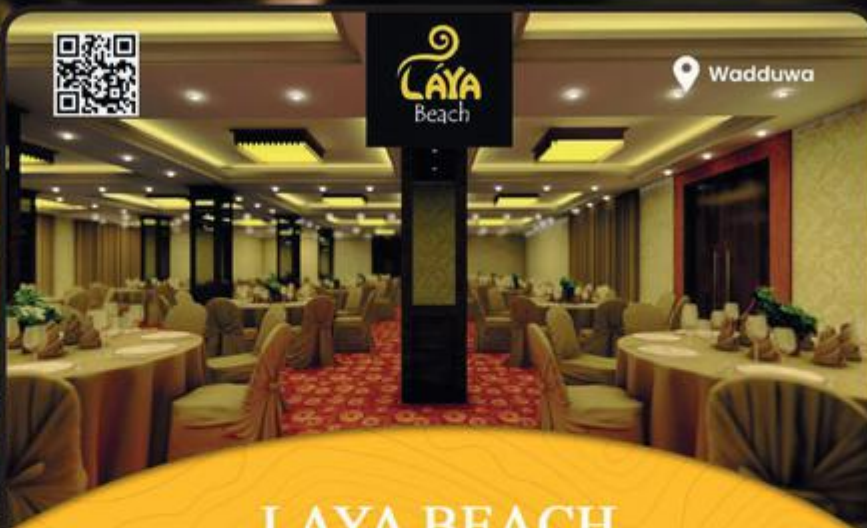
Addressing the gathering, the President, SLASC-SVB explained the progress of all projects and future plans of the SLASC-SVB. Inspiring the audience, Lieutenant Colonel Sujith Chaminda Edirisinghe educated the audience on 'The Role of a Warrior's Wife'.

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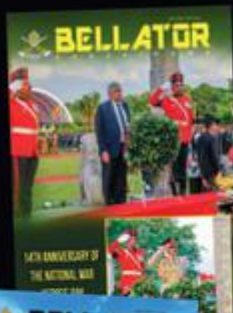
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Your thought-provoking insights enrich our understanding, offering invaluable perspective. We reserve the right to accept or reject the letters, and to edit for length, clarity or style. Before you write in, we encourage you to get the permission via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

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Your Story: English/ Times New Roman/ Font Size 12/ on or before 20th of every month / 1500 words maximum

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Charity Palmcard

We are always dedicated to serve anywhere in the planet..!

1. School Accessories for Students



12 Infantry Division gifted school accessories, tailoring costs for school uniforms and toys for 30 students at Munasinghe Primary School, Monaragala on 06 April 2024.

2. Blood Donation



5 (V) Sri Lanka Artillery (SLA) conducted a blood donation programme on 31 March 2024 at Velunna Raja Maha Viharaya.

3. Preventing Disaster



The 14 Chemical Biological Radiological Nuclear and Explosive (CBRNE) Response Regiment (14 SLE) swiftly responded to a hazardous gas leakage at Lanka Steel Company in Weliveriya on 5 April 2024, preventing potential harm to civilians and property in the area.

4. Free Cataract Surgery Camp



56 Infantry Division organised a special surgery programme at Teaching Hospital, Jaffna on 26 March 2024 for visually impaired patients in Mullaitivu District.

5. Baby Elephant Rescued



Troops of the 12 Infantry Division, rescued a baby elephant that had fallen and trapped in a concrete pit near the International Conference Hall in Magampura, Hambantota, on 27 March 2024.

6. Job Fair for Mullaitivu District



The 59 Infantry Division in collaboration with Mas Holdings Pvt Ltd, conducted job fair and interviews for job seekers in Mullaitivu district on 16 March 2024.

7. School Bags for Magurumaswila Vidyalaya Students



The 1 Sri Lanka Army Pioneer Corps organised a school bag donation programme for 150 needy students of Magurumaswila Vidyalaya, Wallalawita on 13 March 2024.

8. Infrastructure Improved



Troops of 121 Infantry Brigade repaired the school's main road and the lavatory system at Wellassa Subhagya College where visually and hearing impaired student studies.

9. Solar-Powered Lights for Families in Badulla



The 112 Infantry Brigade troops donated 5 solar-powered lights to selected families without electricity in Badulla district on 10 March 2024.

10. Controlling Bush Fire in Waulpane Aloe Forest



The Sri Lanka Electrical and Mechanical Engineers Base Workshop, Udawalawa, controlled a fire that broke out in the Waulpane Forest Reserve in the Embilipitiya on 12 March 2024.

11. A Seminar for Students at Bogaswewa Maha Vidyalaya



11 Gemunu Watch organised a mathematics seminar for 85 students at Bogaswewa Maha Vidyalaya on 17 April 2024 in the college auditorium.





Inter Regiment Boxing Tournament at Panagoda



The Army Inter Regiment Boxing Meet took place at the Army Gymnasium in Panagoda from 07 April 2024 to 10 April 2024, with the participation of 113 male and female boxers representing 19 teams and 17 Regiments.

Sri Lanka Armoured Corps became champions, securing 03 gold, 02 silver and 03 bronze medals, in men's category, pushing the Gajaba Regiment to the runner-up position with 03 gold, 01 silver, and 05 bronze medals. The Vijayabahu Infantry Regiment secured third place, earning 02 gold, 03 silver and 03 bronze medals.

In women's category, the Sri Lanka Army Service Corps secured the championship with 05 gold medals, while the Sri Lanka Engineers won the runner-up position with 02 gold, 03 silver, and 02 bronze medals. Major General A K Rajapakse RSP, Master General Ordnance and Colonel Commandant of Sri Lanka Army Service Corps graced the occasion as the Chief Guest and joined the awarding ceremony. Senior Officers, Officers and a large crowd of Other Ranks also witnessed the thrilling tournament.



75th Mr. Sri Lanka National Bodybuilding Championship 2024

Army bodybuilders excelled in the 75th Mr. Sri Lanka National Bodybuilding Championship 2024, held on 05 April 2024 at Nawaloka Ground, Welisara clinching 2 gold medals, 1 silver medal and 3 bronze medals across six weight categories (60, 65, 75, 75, 80 and 85 kg).

Corporal Rajapakshe R A P D of 2 (V) Sri Lanka Light Infantry was honoured with the prestigious Mr. Sri Lanka award for his outstanding performance. The Sri Lanka Bodybuilding Federation (SLBF) organised the event.



The National Rowing Championship 2024



The Sri Lanka Army Rowers achieved remarkable success at the National Rowing Championship 2024, securing the overall championship in both Men's and Women's categories.

Army players clinched 10 gold medals, 03 silver medals, and 01 bronze medal, showcasing their dominance at the Diyawannawa Rowing Centre from 03 to 05 April 2024. The Amateur Rowing Association of Sri Lanka, organised the three-day event with the participation of tri-services, clubs, universities, and schools.



Major General Y A B M Yahampath RWP RSP ndu psc, the General Officer Commanding, 52 Infantry Division and the Chairman, Army Rowing Committee witnessed the final event of the competition. Notably, Army competitors won gold medals in all 10 events, highlighting their prowess in rowing.

'Ride with Pride' Second Phase Begins



Second Phase of 'Ride with Pride' bike ride began with the participation of three 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, on 28 April 2024.

This bike ride, which started at Galle Face, extended through Kalpitiya, Pooneryn, Kankesanthurai, Mullaitivu, Trincomalee, Batticaloa, Pottuvil, Katharagama, Tangalle and Aluthgama, concluding its journey back at Galle Face on 12 May 2024.

Three Senior Officers of the Sri Lanka Artillery Regiment also joined with this initiative in order to symbolise their strength, determination and pride of the Army, for the second time.

Inter Regiment Swimming and Water Polo Championship - 2024



The Inter Regiment Swimming and Water Polo Championship – 2024, was successfully held from 29 March 2024 to 03 April 2024, at the Army Physical Training School swimming pool with the participation of 259 contestants representing 14 Regiments of the Army. Sri Lanka Army Aquatic Sports Committee, organised the event.

The Achievements

Best Swimmer Men's Open: Lance Corporal Ranathunga R M N of Gajaba Regiment

Best Swimmer Women's Open: Signalmen Miles D R of Sri Lanka Signal Corps

Best Swimmer Men's Novices: Trooper Kumarasinghe S D D L of Sri Lanka Armoured Corps

Water Polo Men's Open - Champions: Gajaba Regiment

Water Polo Men's Novices - Champions: Sri Lanka Corps of Military Police

Swimming Men's Open – Champions: The Gajaba Regiment

Swimming Men's Novices – Champions: Sri Lanka Artillery

Swimming Women's Open – Champions: 1 Sri Lanka Army Women's Corps

Inter-Battalion Rugby Tournament - 2024



The 1st Battalion of the Sri Lanka Sinha Regiment (1SLSR) emerged as winners of the Inter-Battalion Rugby tournament Competition 2024 on 22 April 2024 at the Regimental Centre of Sri Lanka Sinha Regiment in Ambepussa. Accordingly, the 11th (Volunteer) Battalion of Sri Lanka Sinha Regiment secured the runners-up position in the tournament and Second Lieutenant I G I K Weerasinghe of 1 SLSR was awarded as the best player of the tournament. Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander of the Security Force Headquarters (Wanni) and Colonel of the Regiment of Sri Lanka Sinha Regiment graced the occasion as the Chief Guest. 4th Battalion of Sri Lanka Sinha Regiment organised the event.

Inter-Unit Basketball Tournament 2024



Inter-Unit Basketball Tournament-2024 was successfully held at the Sri Lanka Armoured Corps (SLAC) Basketball Court, Rock House Camp on 27 March 2024. The 5th Reconnaissance Regiment emerged victorious over the 4th Armoured Regiment to claim the Inter-Unit Basketball Championship.

The tournament commenced on 26 March 2024, with six competitive teams. The 4 SLAC secured the 1st runners up position, while the 3 SLAC achieved the 2nd runners up position.

Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander, Security Forces (West) and the Colonel Commandant of SLAC, graced the event as the Chief Guest adding a significance to the event.

In line with the guidance of the Commander of the Army, Lance Corporal Madusanka J D D G was awarded Rs. 30,000.00 to appreciation of his outstanding achievements at the international and national levels in Kabaddi. Senior Officers, Officers and Other Ranks were also present during the event.





What do you
call cheese
that isn't
yours?

Nacho
cheese!



Why did the
golfer bring
two pairs of
pants?

In case he
got a hole
in one!



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.

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

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Sri Lanka Army



Passing Out Parade of Women Recruit Training Course No - 81



The Passing Out Parade of the Women Recruit Training Course No - 81, was successfully held on 22 March 2024 at the 6 Field Regiment of Sri Lanka Artillery Parade Ground. The course was conducted at the Recruit Training Centre, Sri Lanka Artillery from 11 September 2023 to 22 March 2024. Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander of Security Forces (West), graced the occasion as the Chief Guest.

A total of 102 female recruit soldiers passed out during the event. Recruit Jayaratne K K of the Sri Lanka Army Medical Corps, earned the title of Best Female Soldier. Recruit Wijesinghe N G S S of the Sri Lanka Army Women's Corps was recognised with the Best Physical Fitness Award, while Recruit Sewwandi G K D of the Sri Lanka Army Medical Corps stood out as the recipient of the Best Marksman Award.



Unveiling the Triumphs of Courageous War Heroes

In the chronicles of history, where strength intertwines with patriotism, legends are forged. Through the ages, these valiant heroes have safeguarded our nation with unwavering dedication. Their remarkable events resonates not only in the ancient scrolls but in the present day.

Their indomitable spirit and unyielding commitment safeguard our homeland yesterday, today, and forever.