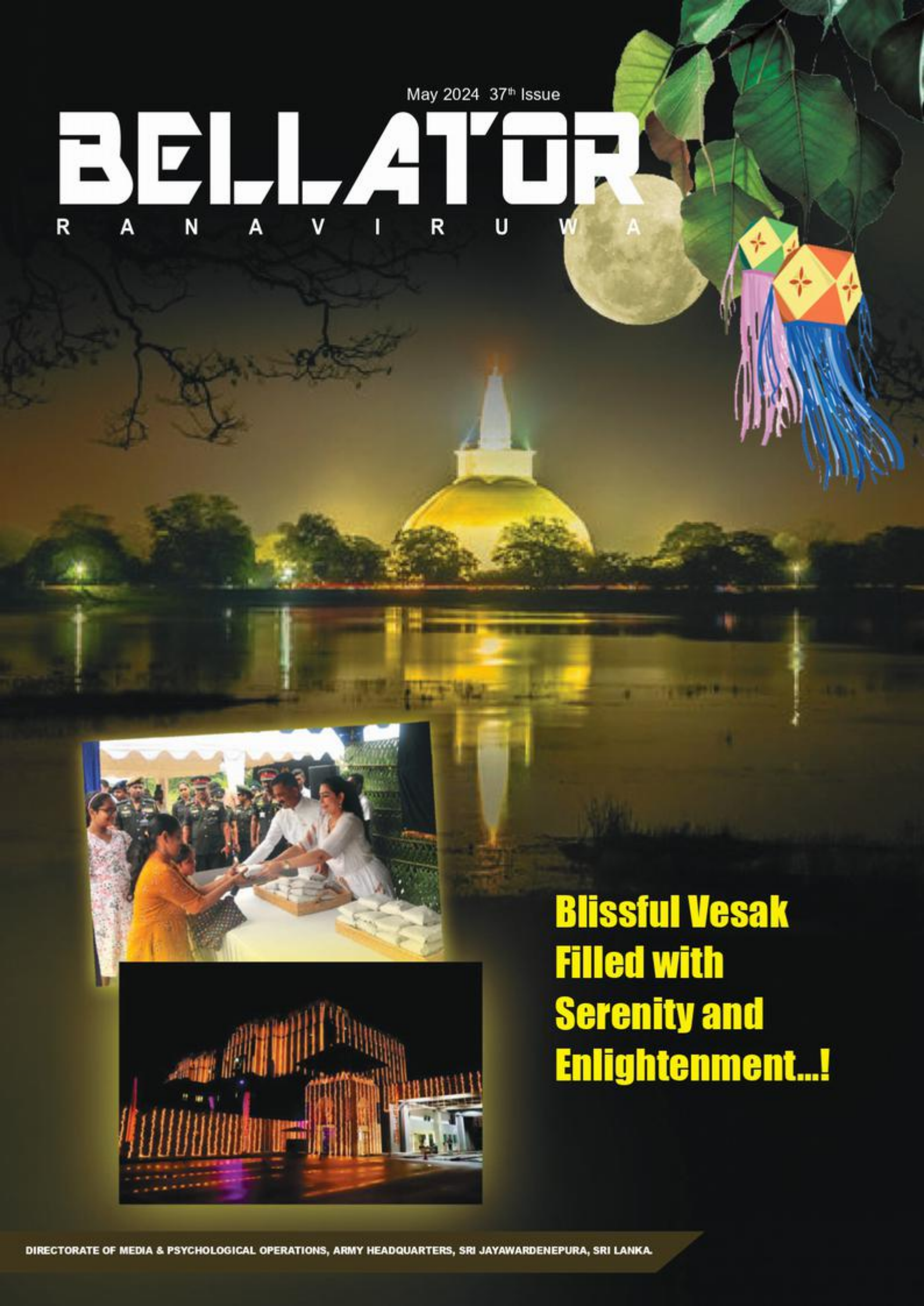


May 2024 37th Issue

BELLATOR

R A N A V I R U W A



**Blissful Vesak
Filled with
Serenity and
Enlightenment...!**

Spectacular 'Buddha Rashmi' Vesak Zone 2024

His Excellency the President, Ranil Wickremesinghe declared open the 'Buddha Rashmi' Vesak Zone 2024 in Colombo on 23 May 2024 in a brief occasion held at the 'Seemamalakaya' of 'Hunupitiya Gangarama Viharaya' in Colombo.

A distinguished gathering of clergy, Mr. E M S B Ekanayake, Secretary to the President, Mr. Sagala Ratnayaka, Chief of Staff and Senior Advisor to the President, Mr. John

Amaratunga, Former Member of Parliament, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP VSV USP rcds psc, Commander of the Air Force, Senior Officers and foreign delegates also took part in the ceremony.

Later, HE the President, switched on illuminations and inaugurated the 'Buddha Rashmi' Vesak Zone 2024 and declared open the 'Dansala' (free giveaway) at the Shangri-La Green premises.

Troops of Corps of Engineer Services built the newest addition to the 'Buddha Rashmi' Vesak Zone 2024 under the guidance of the Army Commander according to the theme 'Wessanthara Raja Maligawa' (Palace of King Wessanthara) and 'Wankagiriya' Forest.

Diyawanna Annual Vesak Zone

The Diyawanna Annual Vesak Zone organised by the Ministry of Defence, Tri-Forces, and Independent Television Network (ITN) was successfully held on 23 May 2024. A distinguished gathering including clergy, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff and Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army participated in the programme.

The Vesak Zone, covering Denzil Kobbekaduwa Mawatha and the Ministry of Defence Road in Battaramulla, featured specially made lanterns and other displays showcasing expert craftsmanship of the military personnel. A display of Bakthi Gee (Songs of religious devotion) added a colour to the event. Government Officials, Tri-Forces Senior Officers, Officers, Other Ranks and a large crowd of devotees took part in the event.



Highlights of National Vesak Festival at Matale



The National Vesak Festival was held in Matale on 23 May 2024 (Vesak Poya Day) under the patronage of Honourable Vidura Wickramanayake, Minister of Buddhasasana, Religious and Cultural Affairs. A distinguished gathering of Venerable Monks, the Governor of Central Province, State Minister of Defence, Chief of Defence Staff, Commander of the Army and President of Army Seva Vanitha Unit took part in the programme. At the end, the foreign delegations who participated in the occasion, presented a few special mementos to the Commander of the Army.



17th Buddha Rashmi Bathi Geethawaliya



The 17th 'Buddha Rashmi Bathi Geethawaliya' was held in Colombo Buddha Rashmi Vesak Zone on 26 May 2024 evening with the participation of a distinguished gathering.

A large gathering inclusive of clergy, Secretary to the Ministry of Buddhasasana, Religious and Cultural Affairs, Senior Additional Secretary to the President, Tri Force Commanders, Senior Deputy Inspector General of Police (DIG) of Western Province, President of Army Seva Vanitha Unit and a large crowd of devotees witnessed the occasion.

The event began with the arrival of distinguished invitees together with Venerable (Dr) Kirinde Assaji Thero, Chief Incumbent of Hunupitiya Ganagarama Viharaya, featuring devotee songs, musical and dramatic presentations. First, second and third place winners of the Buddha Rashmi Vesak Lantern Competition awarded the cash prizes and certificates by the Chief Guests including Commander of the Army.

Galle Face Vesak Bakthi Gee



The third day of the Vesak Bakthi Gee (Songs of religious devotion) – 2024 organised by the Presidential Secretariat, was conducted at Galle Face Vesak Zone on 25 May 2024. Mr. E M S B Ekanayake, Secretary to the President of Sri Lanka, Commander of the Army and President of Army Seva Vanitha Unit took part in the programme.

Rice and Ice Cream Dansala



Rice and Ice Cream Dansala was organised in line with the Diyawanna Annual Vesak Zone on 24 May 2024 at the entrance to the Sri Lanka Army Headquarters as a part of the Vesak Celebration Programme of the Sri Lanka Army Headquarters with the participation of Officers and Other Ranks. Commander of the Army and President of Army Seva Vanitha Unit graced the occasion and joined to distribute rice and ice cream for the devotees.

HE the President Inaugurates Home of Veterans

Sri Lanka Ex-Servicemen's Association (SLESA) welcomed its new Headquarters Complex located in Sri Jayawardenepura, Colombo on 22 May 2024 during a formal ceremony presided by HE the President Ranil Wickremesinghe, Commander-in-Chief of the Armed Forces.

A distinguished gathering inclusive of Mr. Sagala Ratnayaka, Chief of Staff and Senior Advisor to the President, General Kamal Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, Secretary to the Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP VSV USP rcds psc, Commander of the Air Force and Senior Officers took part in the ceremony.

The newly inaugurated two-story building is comprised of a conference hall, club house, board room, mess and an office complex. Troops of Sri Lanka Navy carried out the construction of the facility. At the invitation of Major General W G M U R Perera (Rtd), HE the President addressed the gathering. The Home of Veterans was constructed fulfilling a long standing requirement of the SLESA.



15th National War Heroes' Day Commemoration



The 15th commemoration of National War Heroes' Day, also known as 'Victory Day,' which pays floral tributes to the bravery of 28,619 fallen War Heroes who liberated the country from LTTE terrorism, was commemorated on 19 May 2024 in a simple yet dignified ceremony at Battaramulla National War Heroes' Monument. Honourable Prime Minister Dinesh Gunawardene, graced the event as the Chief Guest.

During the ceremony, cherished memories of fallen War Heroes from the Army (23,962), Navy (1,160), Air Force (443), Police (2,598) and 456 Civil Security Department personnel, who made the supreme sacrifice in the fight against ruthless LTTE terrorism before May 2009, were respectfully remembered for their valour, gallantry, selfless dedication and invaluable sacrifices, offering floral tributes.

A host of dignitaries and war veterans, including clergy, beloved spouses/relatives of fallen War Heroes, Honourable Speaker Mahinda Yapa Abeywardene, former President Honourable Mahinda Rajapaksa, Cabinet Ministers, Field Marshal Sarath Fonseka, Admiral of the Fleet Wasantha Karannagoda, Marshal of the Air Force Roshan Goonetilleke, Honourable Premitha Bandara Tennakoon, State Minister of Defence, Mr. Sagala Ratnayaka, Chief of Staff and Senior Advisor to the President, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP VSV USP rcds psc, Commander of the Air Force, Inspector General of Police, Director General of Civil Security Department, former Tri-Forces Commanders, Chairman, Ranaviru Seva Authority, Tri-Service Veterans and Senior Officers joined the event.

Ensuring Wellbeing for Retired War Heroes

A programme to assure the welfare and administrative requirements of retired War Veterans and next of kin in Dambulla and Galewela areas was successfully held on 11 May 2024 with the participation of more than 500 retired War Veterans and their relatives at 53 Infantry Division.

The State Minister of Defence, Honourable Premitha Bandara Tennakoon, graced the occasion as the Chief Guest and Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army and Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit (ASVU) graced the event. During the programme the welfare and administrative requirements of the retired War Heroes were deeply discussed.

In addition, Directorate of Pay & Records, Directorate of Army Benevolent Fund, Directorate of Personnel Administration, Directorate of Legal Services, Human Rights and Humanitarian Law, Directorate of Welfare, Directorate of Veteran Affairs & Rehabilitation and Directorate of Army Medical Services, had established seven help desks facilitating the War Veterans to submit their matters.

The programme was organised under the supervision of Brigadier S C Ekanayake RSP, Director Veterans Affairs & Rehabilitation. Before the culmination of the programme, 81 dry ration packs were also distributed by the Chief Guest together with the Commander of the Army to the fallen War Heroes' families. ASVU arranged the distribution.





Artificial Limb Fitment Project in collaboration with the Sri Lanka Army and High Commission of India

The Sri Lanka Army, in bilateral cooperation with the High Commission of India in Sri Lanka, initiated a programme to manufacture artificial limbs at the Ranaviru Sevana, Ragama. This endeavour signifies the enduring bond between Sri Lanka and India, also reflects a collective commitment to support those who become disabled for the nation's security.

Honourable Premitha Bandara Tennakoon, the State Minister of Defence graced the event as the Chief Guest. Indian High Commissioner to Sri Lanka, Honourable Santosh Jha, General G D H Kamal Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, Secretary to the Ministry of Defence, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army and Commandant of Ranaviru Sevana, Ragama also participated in the event.



The programme commenced on 03 May 2024, with the participation of 8 Indian resource personnel from Shree Bhagwan Mahaveer Viklang Sahayata Samiti, Jaipur and scheduled to be completed on 23 May 2024. It aims to provide artificial limbs to 375 Army, 25 Navy, 25 Air Force and 25 Police personnel. Apart from this, it is planned to distribute artificial limbs to 200 civilians.



Secretary Defence Inspects Progress of Deegawapiya Restoration Project

General Kamal Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, the Secretary to the Ministry of Defence, conducted an inspection visit together with the Commander of the Army, the Commander of the Air Force and a gathering of distinguished guests on 30 May 2024.

The inspection initiated with relic chamber, pilgrims' rest, and extended towards the residential quarters for monks (sanghawasa) and pilgrims. Further, Secretary to the Ministry of Defence, shared the views with the officials from the Department of Archaeology who are conducting excavations in the area.

After the visit to Ampara, the visiting delegates called at Neelagiri Pagoda temple in Sengamuwa, Pottuvil and inquired about the ongoing construction work of the temple, carried out by Airmen of the Sri Lanka Air Force.



Army Commander Appreciates the Exceptional Performances of Para Athletes

In recognition of the exemplary performances and achievements of Warrant Officer II K A Samitha Dulan of the Sri Lanka Corps of Military Police and Staff Sergeant H G Palitha Bandara of the Sri Lanka National Guard at the Kobe 2024 Para Athletics World Championship in Japan, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, appreciated them with a commendation during a reception at his office on 27 May 2024.

Highly appreciating the athletes' accomplishments that brought pride to both the country and the Army, the Army Commander presented special mementoes and financial incentives to both athletes, extending his best wishes for their future endeavours. Brigadier G A T Godewatte RWP RSP, Director Sports was also present at the moment.

Warrant Officer II K A Samitha Dulan achieved a World Record in the Para Javelin Throw F-44 category (Distance - 66.49m), while securing a Silver Medal in the Para Javelin Throw event (F-44/F-64) and Staff Sergeant H G Palitha Bandara won the Bronze Medal (Distance - 14.27 m) in the Para Shot Put event (F-42) during the Kobe 2024 Para Athletics World Championship held in Japan.





Army Commander Graces Matale Vijaya College Sports Meet as Chief Guest



The annual Sports Meet of Vijaya College, Matale, was successfully held on a grand scale on 03 May 2024 at the Bernard Aluvihare Stadium. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, who is also an old boy of Vijaya College, graced the occasion as the Chief Guest at the invitation of Mr. Rajitha Theekshana, Principal of Vijaya College.

A number of athletic events filled the Sports Meet with enthusiasm, while band displays added colour to the event. During the event, Brigadier S M W B N Thalagahawatta (Rtd) ato, Vice President of the Vijaya College Old Boys' Association - Colombo Branch, presented a newly-designed car badge of the college to the Army Commander.

Also, the students of the Vijaya College paid their utmost respect and honour to the Commander of the Army by saluting him in a colourful March Past. Addressing the gathering, the Commander of the Army, recalled memories from his school life and encouraged students to maintain sports and extracurricular activities at a high standard while successfully pursuing their studies. Before the culmination of the event, the Commander of the Army handed over a stock of musical instruments to the Western Music Band of the college.





Warrant Officers' & Sergeants' Mess at Regimental Centre of the Corps of Engineer Services Declares Open

The Commander of the Army, Lieutenant General H L V M Liyanage RWP RSP ndu, at the invitation of Major General A H L G Amarapala RWP RSP ndc psc, Director General of Financial Management and Colonel Commandant of Corps of Engineer Services (CES), declared open a newly constructed Warrant Officers' and Sergeants' Mess at the Regimental Centre of the Corps of Engineer Services on 13 May 2024 as the Chief Guest.

The building, raised in a short duration with the manpower and technical assistance of troops of the CES, includes a spacious dining hall, ration stores, ration office, kitchen, changing room, bar and lobby facilities. The building was a fulfilment of long standing requirement of the CES. Senior Officers, Officers and Other Ranks participated in the event.





The Roll of Honour Inaugurated at Army Headquarters

Lieutenant General H L V M Liyanage RWP RSP ndu inaugurated the Roll of Honour at Army Headquarters on 22 May 2024 commemorating the recipients of the Parama Weera Vibhushanaya (PWV) gallantry award.

The PWV, denoting "Supreme Heroism Decoration," stands as Sri Lanka's highest military honour. It recognises Officers and Other Ranks of the Sri Lanka Army who have displayed exceptional valour in the war, embodying courage and sacrifice beyond measure. This new installation symbolises a tribute to these extraordinary individuals, showcasing their bravery and unwavering dedication to duty.



Pakistan NDU Delegation Pays Courtesy Call on the Army Commander

A delegation of Senior Officers studying at the Pakistan National Defence University (NDU) during their visit to Sri Lanka made a courtesy visit to the Army Headquarters on 06 May 2024.

The 15-member delegation, headed by Air Commodore Faisal Fazal Muhammad Khan was warmly welcomed to the Army Headquarters by Colonel M T I Gunawardena RSP psc, Overlooking Director of Directorate of Training at the Army Headquarters.

Afterwards, Air Commodore Faisal Fazal Muhammad Khan, Head of Delegation together with Brigadier Waqas Ali Khan, Faculty Member, Commodore Muhammad Kashif Farhan, a Military Course Participant and Colonel Muhammad Farooq psc, the Defence Advisor to the High Commission of Pakistan in Sri Lanka and Maldives met the Commander of the Army and had a cordial discussion. During the exchange of views, Lieutenant General H L V M



Liyanage RWP RSP ndu, Commander of the Army, gratefully acknowledged the cooperation that prevails between both Sri Lankan and Pakistan Armed Forces for so many years and underlined the need to further fostering bonds and exchanging more training modules.

New High Commissioner of Pakistan Meets Army Commander

The newly-appointed High Commissioner of the Islamic Republic of Pakistan to Sri Lanka, His Excellency Major General (R) Faheem UI Aziz, HI (M) paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, on 16 May 2024 at the Army Headquarters. In a cordial and interactive meeting, both parties exchanged views on matters of shared interest and concern.



Ambassador of Sri Lanka to Myanmar Calls on the Commander of the Army

Ms. Prabashini Ponnampuruma, the newly appointed Ambassador of Sri Lanka to Myanmar, paid a courtesy call on the Commander of the Army, Lieutenant General H L V M Liyanage RWP RSP ndu, on 22 May 2024 before her departure to Myanmar to assume the new appointment.

Ms Prabashini Ponnampuruma joined the Sri Lanka Foreign Services in 2003. She had held the position of Director General (Actg) of the Overseas Assets Management Division from 2021 to 2023 and also served as the Director General (Actg) of the Africa Affairs Division at the Ministry of Foreign Affairs in Colombo.

During the meeting, Lieutenant General H L V M Liyanage RWP RSP ndu, extended his best wishes for her new appointment and discussed prevailing bilateral relationship and exchange programmes between Sri Lanka and Myanmar. The Army Commander also emphasised the importance of enhancing goodwill and fostering friendly bonds of cooperation.



Army Commander Pays Last Respect to Late Major C B Kohona (Rtd)



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, on 16 May 2024 paid his last respect to late Major C B Kohona (Rtd) of the Sri Lanka Army Pioneer Corps at his residence in Kandy.

Major C B Kohona (Rtd) passed away on 14 May 2024 due to a brief illness at the Colombo Army Hospital, Narahenpita. At the time of his passing, he was 73 years old.

Major C B Kohona (Rtd) enlisted in the Sri Lanka Army Volunteer Force to Intake CCC-1 on 07 March 1983. Upon successful completion of basic military training at the Sri Lanka Military Academy, Diyatalawa, he was commissioned as a Second Lieutenant and posted to the Sri Lanka Army Pioneer Corps. Throughout his career, he held various appointments and elevated to the rank of Major. He retired from the Sri Lanka Army on 18 Jan 2011.



Newly Promoted Major Generals Call on the Commander of the Army



Recently promoted Major General D B L Colonne USP of Sri Lanka Engineers and Major General T C Peiris RSP USP of Sri Lanka Engineers, coinciding with the 15th National 'War Heroes' Commemoration Day called on Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army on 20 May 2024. During this courtesy call on, the two Senior Officers received their symbols of authority and greetings from the Army Commander.

Also, on 31 May 2024 at the Commander's Office, newly promoted Major General W G P Sisira Kumara RSP, the Deputy Commandant of Sri Lanka Army Volunteer Force received his symbol of authority and greetings from Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, during a formal courtesy call.

The Commander of the Army while extended his heartiest congratulations and best wishes appreciated his dedicated service more than three decades to the betterment of the Nation. He is also the most Senior Officer in the Sri Lanka Army Volunteer Force.



Sri Lanka Army Joins Hands with Lions Club to Conserve the Bio Diversity



District 306 - C1 Lions Club International together with its Governor of District 306 - C1 Lions Club International, presented a consignment of Jack and Cheesewood plants-known for their economic and biodiverse significance on 15 May 2024 at the Sri Lanka Army Seva Vanitha Unit (ASVU) Office at the Army Headquarters.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, graced the occasion as the Chief Guest together with Mrs. Janaki Liyanage, the President of ASVU. Lion Panthaka Dabare, the District Governor of District 306 - C1 Lions Club International and the members of the Lion Club joined the occasion. Major Thushara Samarathunga (Rtd), the Project Manager of District 306-C1 Lions Club International, extended further support by donating two wheelchairs during the same occasion, specifically for the benefit of differently-abled War Heroes.

Chief of Staff Inspects Army Base Hospital in Kandy

Major General W H K S Peiris RWP RSP VSV USP ndu, the Chief of Staff of the Sri Lanka Army, conducted an inspection at the Army Base Hospital in Kandy on 07 May 2024 before the forthcoming ceremonial opening of the hospital. Major General P A C Fernando USP, the Director General of Army Health Services and the Commanding Officer of the Army Base Hospital, Kandy, warmly welcomed the Chief of Staff at the hospital's main entrance.

Brigadier W W M P W W B R Palamakumbura RWP RSP, the Director of Management and Maintenance at the Army Base Hospital, Kandy briefed the current functions, administration, and logistical needs of the hospital to the Chief of Staff of the Sri Lanka Army in detail. During the inspection, Chief of Staff of the Sri Lanka Army also visited various areas of the hospital, including wards, theaters, dental facilities, kitchen and accommodation for Other Ranks, surrounding camp premises. Major General S R B Aluvihare RWP RSP ndu psc, the Commander, Security Forces (Central), Senior Officers, Officers and Other Ranks participated in the occasion.



Colonel of the Regiment of GR Addresses the Commanding Officers



Major General W H K S Peiris RWP RSP VSV USP ndu, the Chief of Staff (COS) of the Sri Lanka Army and Colonel of the Regiment of the Gajaba Regiment (GR), addressed the Commanding Officers of the GR at Army Headquarters on 10 May 2024 after assuming the duties as the 13th Colonel of the Regiment of the GR.



SLAVF Celebrates Sinhala and Tamil New Year



The Sri Lanka Army Volunteer Force (SLAVF) organised a traditional festival for the Sinhala and Tamil New Year – 2024 on 08 April 2024 at the Headquarters premises with the participation of serving members and their families. Major General M K Jayawardena RSP VSV USP ndu, the Commandant of the SLAVF together with his spouse, Mrs. Shammi Jayawardena graced the occasion as the Chief Guest. Major General M T K R Silva KSP, the Deputy Commandant, SLAVF and his spouse, Mrs. Nelum De Silva, Officers and Other Ranks participated in the event.

Army Volunteer Force Inter Regiment Volleyball Championship – 2024



Fulfilling the expectations of the much enthusiastic and aspiring players in the Sri Lanka Army Volunteer Force successfully concluded the finals of the "Sri Lanka Army Volunteer Force Inter Regiment Volleyball Championship – 2024" under the auspices of Major General M K Jayawardena RSP VSV USP ndu, the Commandant of the Sri Lanka Army Volunteer Force (SLAVF) at the Sri Lanka Army Indoor Stadium, Panagoda on 22 March 2024.

04 Super league teams, 16 teams of A group, 20 teams under men competed in the competition and 04 women teams also included. In the super league, Sri Lanka Sinha Regiment advanced to the finals beating Sri Lanka Light Infantry Regiment as 2018 and 2019.

In the women's category, 2 (Volunteer) Sri Lanka Army Women's Corps with assuring display of performances secured the championship in the women's category leaving the Runner-up to Sri Lanka Army General Service Corps. The Chief Guest awarded the certificates and trophy for the winners. Deputy Commandant – SLAVF, Senior and Junior Officers, Lady Officers and Other ranks participated in the programme.

A Workshop on Camera Technology and Video Camera Technology

Following the conceptual layout of Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, the Commander of Security Forces (Jaffna), a workshop on mirrorless camera technology and video camera technology was held at Security Forces Headquarters (Jaffna) on 22 and 23 April 2024. Metropolitan Technologies (Pvt) Ltd instructors conducted workshop and it was attended by the 10 Officers and 65 Other Ranks representing the under command Battalions and Brigades of Security Forces (Jaffna).

During the two days, participants were able to gain valuable knowledge covering both theory and practical knowledge on introduction to camera technology, introduction to video camera technology, still - video live streaming, and a number of other important areas.



Senior Officers Meet Security Forces Jaffna Commander

Major General G M N Perera RWP RSP USP ndc, Director General General Staff (Overlooking) and Quarter Master General and Major General A K Rajapaksa RSP, Master General Ordnance made an official visit to Security Forces Headquarters (Jaffna) on 29 April 2024.

The Director General General Staff (Overlooking) and Quarter Master General and Master General Ordnance inspected the present situation. Next, he participated in the seminar held at the Conference Hall, Security Force Headquarters (Jaffna). Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, Commander, Security Forces (Jaffna), General Officer Commanding of 51 Infantry Division, General Officer Commanding of 55 Infantry Division, Logistics Commander (Jaffna), and Officers joined the conference.





5 SLNG Completes the Battalion Training

The 5th Sri Lanka National Guard initiated its battalion training on 18 March 2024 and successfully completed on 10 May 2024 at the Infantry Battalion Training School at Galkulama. Major General W P A D W Nanayakkara RSP VSV USP ndu, Commander of the Security Forces (Wanni) and Colonel Commandant of the Sri Lanka Sinha Regiment, emphasised the value of training in getting soldiers ready for their tasks in his closing remarks.

A total of 09 Officers and 443 Other Ranks participated in the training. Captain D J K S Deniyagedara excelled as the Best Student of the course and Lance Corporal I Thissa Kumara K G B earned the award of the Best Shooter of the course. Private Kumarasekara K D S was awarded as the Best in Physical Training while C – Company selected as the Best Company. Major General H H K S S Hewage RWP RSP USP rods psc, General Officer Commanding 21 Infantry Division, and senior officers attended the ceremony.



Battalion Training Course No. 36 Successfully Culminates

Following the direction of Major General W P A D W Nanayakkara RSP VSV USP ndu, Commander, Security Forces (Wanni) the Battalion Training Course No. 36 of the 12 Vijayabahu Infantry Regiment was conducted at Battalion Training School, Alankulam from 18 March 2024 to 10 May 2024. The course comprised 08 Officers and 407 Other Ranks. Further, the presentation on "Operation Jayasikuru" was conducted by a team of the 12 Vijayabahu Infantry Regiment prior to battalion training. Commander, Security Forces (Wanni) concluded the programme with his closing remarks. Lance Corporal Herath H C K excelled as the Best Student of the course and was also awarded as the Best Shooter. Infantryman Dissanayake E M C was selected as the Best in Physical Fitness.

The General Officer Commanding of 54 Infantry Division and 56 Infantry Division, Brigadier General Staff of Security Force Headquarters (Wanni), Commander 562 Infantry Brigade, Senior Officers, Officers and Other Ranks participated in the event.





Commander, Security Forces East Visits 24 Division

The newly-appointed Commander Security Forces (East), Major General S A Kulatunge RWP RSP VSV USP psc, made his maiden visit to the 22 and 24 Infantry Divisions and its under-command Brigades and Battalions during 3-5 May 2024.

During the visit, the Commander Security Forces (East), witnessed the progress of Deegawapiya Restoration Project and bricks project which are carried out under the supervision of the 24 Infantry Division. Further, he interacted with the troops working in the projects and appreciated their commitment and dedication. Subsequently, Commander Security Forces (East), visited 242 and 243 Infantry Brigades and 14 Sri Lanka Sinha Regiment and participated in briefings regarding the deployment and role and tasks.

Brigade Commanders, Commanding Officers, Senior Officers, Officers and Other Ranks also took part in the event.





Passing Out Parade and Award Ceremony at Army Indoor Stadium, Panagoda

Passing out parade of Physical Training Instructors courses, Basic Swimming Course and awarding of NVQ Level - IV certificate for the 1st Batch of 2024 was held on 07 May 2024 at Army Indoor Stadium, Panagoda. Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, Commander of Security Force (West) and Colonel Commandant of Sri Lanka Armoured Corps, graced the passing out parade as the Chief Guest.





A Meditative Sermon at Bodhirajarama Temple

Following the conceptual layout of Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander, Security Forces Headquarters (West), a meditative sermon was held at the Bodhirajarama Temple on 27 April 2024. Major General U K D D P Udugama RWP RSP USP ndc psc, the Commandant of Army War College coordinated the programme which was organised aiming the spiritual well-being of Army members and civil servants. Venerable Rajagiriye Ariyagnana Thero conducted the sermon. Approximately 2000 devotees, including few monks from neighboring temples, including the General Officer Commanding of 14 Infantry Division, the General Officer Commanding of 61 Infantry Division, Senior Officers, Officers, troops from all under command Battalions and civilians participated in the programme.



'Garrison Manor' Holiday Bungalow Inaugurates at Diyatalawa



The long-awaited 'Garrison Manor' Holiday Bungalow was officially inaugurated on 15 May 2024 at the Station Hilly Camp in Diyatalawa. Major General S R B Aluvihare RWP RSP ndu psc, the Commander of Security Forces (Central), honoured the occasion as the Chief Guest.

This project aims to provide comfortable accommodation facilities for Officers, Other Ranks, and their families visiting Diyatalawa area. The construction of 'Garrison Manor' was successfully completed with the dedicative commitment of the troops from the 17 Engineer Service Regiment. The inauguration ceremony was attended by Senior Officers, Officers and Other Ranks.

DGFM Graces St. Paul's Girls' Sports Meet as Chief Guest



Major General A H L G Amarapala RWP RSP ndc psc, the Director General Financial Management and the Colonel Commandant of Corps of Engineer Services, graced the St. Paul's Girls' School Annual Inter House Sports Meet as the Chief Guest at Havelock Grounds on 26 April 2024 at the invitation of Ms. Chandi Siriwardena, the Principal of the school. The Director General Financial Management and the Colonel Commandant of Corps of Engineer Services, honoured athletes who performed excellently, emphasising the transformative power of sports to instill resilience, determination and unity among students. He also encouraged the athletes to embody sportsmanship highlighting the importance of sports alongside academics.

Colonel Commandant of CES Conducts Familiarisation Visits

Major General A H L G Amarapala RWP RSP ndc psc, the Director General Financial Management and Colonel Commandant of the Corps of Engineer Services (CES), visited the Engineer Services Trade School (ESTS), 2 Engineer Services Regiment, and 9 Engineer Services Regiment on 02 May 2024.

At the ESTS, the Commandant briefed the Colonel Commandant about the course curriculum and objectives of the Trade School and Commanding Officers briefed him on role and tasks of their respective units. The Colonel Commandant then addressed the troops, commending their dedication and professionalism. He also interacted with the troops during an All Ranks tea. Brigadier K L Munasinghe USP, Center Commandant of CES, Senior Officers, Officers and Other Ranks also took part in the visits.



Inauguration of Command and Staff Courses at Army War College



The inauguration ceremony for the Senior Command Course No. 11, Junior Command Course No. 30, and Junior Staff Course No. 26 was successfully held at the Army War College (AWC) on 2 May 2024. The event was graced by Major General U K D D P Udugama RWP RSP USP ndc psc, Commandant of the Army War College. A total of 117 officers are participating in these courses, including two international officers representing Australia and Zambia. This diverse cohort reflects the global reach and collaborative spirit of the AWC's training programmes.

A Welfare Project from 12 Infantry Division



12 Infantry Division conducted a welfare project to donate school accessories for 60 students studying at Abhayapura Suranimala Primary School on 03 May 2024. A group of philanthropists headed by Reverend Father, Osman De Alwis, residing in Hong Kong provided the required sponsorships for programme. General Officer Commanding of 12 Infantry Division, Commander, 122 Brigade, Senior Officers, Officers, Other Ranks, sponsors, teachers and parents were also present at the event.

20 SLSR Troops Construct Well and Sanitary Facilities



Troops of 20 Sri Lanka Sinha Regiment, undertook an initiative to construct a well and sanitary facilities for a needy family in Karavila, Katharagama under the fullest supervision of Commanding Officer of 20 Sri Lanka Sinha Regiment on 04 May 2024. Mr. Sumith Thennakoon, a close friend of the General Officer Commanding, 12 Infantry Division and his sister Mrs. Thamara Thennakoon provided the required monetary assistance. Major General C S Munasinghe WWW RWP RSP USP ndc psc IG, the General Officer Commanding of the 12 Infantry Division, Senior Officers, Officers and Other Ranks were present during the event.

19 SLNG Facilitates Visually Impaired Individuals during Pilgrimage



60 undergraduates of University of Moratuwa and 40 visually impaired individuals engaged in a pilgrimage to the annual Sri Pada Pilgrimage (Adam's Peak) on 01 and 02 May 2024. The 19 Sri Lanka National Guard (19 SLNG) provided accommodations and meals during their pilgrimage at their request to the Commander of the Security Forces (Central). The troops coordinated accommodation at the 'Samanala Arana Holiday Resort,' managed by the Sri Lanka Electricity Board under the supervision of the Commanding Officer of 19 Sri Lanka National Guard. Further, they provided meals for the university students and visually impaired individuals.

10 SLSC Celebrates 9th Anniversary



10 Sri Lanka Signal Corps (10 SLSC) celebrated its 9th anniversary on 29 April 2024 amidst military formalities under the guidance of Major T T N Mendis USP, the Commanding Officer of 10 Sri Lanka Signal Corps. Following the military formalities troops of 10 Sri Lanka Signal Corps accorded Guard turnout to their Commanding Officer, offering delicious lunch treat for 'Sanhinda' Orphanage, a Bhodhi Pooja, all rank tea and Officers Get-together were the highlights among the anniversary celebrations. Officers and Other Ranks participated in the event.

Celebrating Sinhala and Tamil New Year



Under the directions of Major I G R Dhammika, Commanding Officer of the 10 Sri Lanka National Guard, a vibrant Sinhala and Tamil New Year festival was celebrated on 15 April 2024. The festival aimed to provide mental relief and foster camaraderie among the Officers and Other Ranks serving in the 10 Sri Lanka National Guard. The premises came alive with a series of traditional New Year folk games, creating an atmosphere of joy and cultural pride. Lieutenant Colonel S M S Bandara RSP, General Staff Officer I of the 144 Infantry Brigade graced the occasion as the Chief Guest.

Unit Visit of the Logistics Command – SFHQ (J)



Logistics Command, Security Force Headquarters (Jaffna) and Colonel Commandant Sri Lanka Army Ordnance Corps Major General E M M Fernando Hdmc Lsc AATO visited the 7th Regiment of Sri Lanka Army Ordnance Corps on 25 April 2024. The Colonel Commandant was warmly welcomed with a guard turnout by Major K R L S Bandara Lsc at the Commanding Officer. After, he shared his thoughts with the troops.

New Laundry Facility for 14 Infantry Division



New Laundry facility at 14 Infantry Division Headquarters declared open on 07 May 2024 by Major General K A W N H Bandaranayake USP, the General Officer Commanding of the 14 Infantry Division fulfilling a long standing requirement of the 14 Infantry Division.

Battalion Training School (BTS) at Thaulwewa Renovated



The renovation project of Battalion Training School (BTS) at Thaulwewa was implemented under the directions of Major General P A M Peiris RSP USP psc, General Officer Commanding of 22 Infantry Division and supervision of Brigadier Y H P Rangajeewa USP 223 Infantry Brigade. The opening ceremony of the completely renovated Battalion Training School was held on 03 May 2024. The newly inaugurated facility at Thaulwewa provides accommodation facility to 'A' and 'B' Squadrons of 6 Sri Lanka Artillery located in Indikatuwewa and Mayilawewa.

The Vesak Highlights

A Blood Donation Programme from 55 Infantry Division



55 Infantry Division, organised a blood donation campaign at the office of the Regional Director of Health Services, Killinochchi in line with the Vesak festival under the direction of Major General R K N C Jayawardene RSP ndc, the General Officer Commanding of the 55 Infantry Division and Colonel W A I S Mendis RSP USP, Commander, 553 Infantry Brigade at Dharmapuram District Hospital on 18 May 2024. The blood donation fulfilled urgent blood requirement of District General Hospital Blood Bank. Nearly, 50 members participated in the blood donation programme.

23 Gemunu Watch Celebrates Vesak with a Dansal



Joining the islandwide Vesak Celebrations, troops of 23 Gemunu Watch organised a cool drinks dansala at A9 main road on 24 May 2024. The Commanding Officer of 23 Gemunu Watch, Officers and Other Ranks and devotees in the area participated in the dansala.

6 SLA Organised a Community Project



The 6 Sri Lanka Artillery (SLA) organised a community project for the Vesak festival under the guidance of Lieutenant Colonel G R R K S Jayarathne RSP psc IG, the Commanding Officer, 6 Sri Lanka Artillery. The project involved offering lunch and necessary food items for 18 elders and staff of the "Sevana" elderly home at Kurawalana - Kahatowita on 18 May 2024. Officers and Other Ranks of the 6 Sri Lanka Artillery (SLA) participated in the programme.



Vesak Zone and Dansala in Puthukkudiyiruppu



Following the conceptual layout of Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander of the Security Forces (Wanni) and with the close supervision of Major General W M P M Wijesooriya RWP RSP ndu, the General Officer Commanding of 59 Infantry Division and Brigadier H V A Somaweera RWP RSP USP, Commander of 593 Infantry Brigade, the 59 Infantry Division organised a Vesak Zone and Dansala at the Public Ground in Puthukkudiyiruppu on 23 and 24 May 2024 with the participation of civilians in the area.

Rice Dansala from 22 Infantry Division



The 22 Infantry Division celebrated the Vesak Festival 2024 on 22 and 23 May with a series of events. The troops organised a 'Rice Dansala' at three locations: the 22 Infantry Division, Seruwawila Raja Maha Viharaya, and Thambalagamuwa. The General Officer Commanding of the 22 Infantry Division coordinated the financial assistance. The programme was conducted under the guidance of the General Officer Commanding, 22 Infantry Division with the supervision of the Commanding Officers of the 15 Sri Lanka Light Infantry and the 9 Vijayabahu Infantry Regiment. Both Officers and Other Ranks participated in the event.

Bhodhi Pooja and Vesak Lanterns Display at 54 Infantry Division



A Bhodhi Pooja and Vesak Lanterns Display was organised at 54 Infantry Regiment at the request of Venerable Ambagahawewa Sangarakkitha Thero, Chief Incumbent of Sri Mathota Raja Maha Viharaya under the direction of General Officer Commanding, 54 Infantry Division and mediation of Brigadier B Y C Fernando RWP USP, 541 Infantry Brigade. Number of devotees participated in the religious event.

Sponsorship for an Education Tour for Students in J/MMTM School Point Padro



The 521 Infantry Brigade, in collaboration with the 4th Battalion Sri Lanka Sinha Regiment, coordinated an educational visit for the students of J/Methodist Mission Tamil Mixed School in Katkivalam – Point Pedro on 18 May 2024. The students had the opportunity to explore Sakkotai Cape, the northernmost point of Sri Lanka, and visit the international airport in Palaly. The itinerary also included an entertaining session at Kankesanthurai Beach and a complimentary train journey from Kankesanthurai to Kodikamam. Additionally, the Security Forces Headquarters (Jaffna) provided lunch for all the students, teachers, and parents. The event was highly appreciated by the teachers, parents, and students, many of whom experienced these activities for the first time in their lives.

Football Tournament at Killinochchi District



With the aim of fostering unity and goodwill among the youth in the Killinochchi District, the troops of 551 Infantry Brigade and the 7 Sri Lanka Light Infantry organised a Football Tournament from 14 to 17 May 2024. The event culminated on 17 May 2024 at the Sports Complex in Killinochchi. The Ilanthalir Sports Club - Waddakachchi football team emerged as the champions of the tournament.

213 Infantry Brigade Commemorates its 27th Anniversary



213 Infantry Brigade celebrated its 27th anniversary amidst religious and military formalities under the guidance of Colonel H A A N C Prabhath RSP USP, the Commander, 213 Infantry Brigade on 24 February 2024 at the 213 Infantry Brigade Headquarters, Gajasinghapura. The anniversary celebrations were included with presenting a ceremonial Guard Turnout to the Commander, 213 Infantry Brigade, planting a sapling in the camp premises, troop address of the Commander, 213 Infantry Brigade, All Ranks tea session, musical programme and friendly cricket match.

GOC - 59 Division Interacts with 593 Brigade Troops



Major General W M P M Wijesooriya, RWP, RSP, ndu, the General Officer Commanding (GOC) of the 59 Infantry Division, visited the 593 Infantry Brigade and its under command battalions to address security concerns and administrative matters in the area on 08 February 2024. The Commanding Officers of under command units provided briefings on their respective roles, tasks, and the security issues to Brigadier H V A Somaweera RWP RSP USP, Commander, 593 Infantry Brigade.

212 Infantry Brigade Donates Dry Ration and Essential Items



200 of dry ration packs each worth of Rs. 5000.00 was donated among 200 needy families at Nochchiyagama and Thambuththegama at 4 Sri Lanka National Guard under command to the 212 Infantry Brigade Area of Responsibility on 20 May 2024. The event took place under the patronage of Brigadier R M C Ratnayaka RWP RSP USP, the Commander 212 Infantry Brigade upon the sponsorship extended by Mr. Kuma Weerasuriya and his friends from Colombo. The programme was held under the supervision of Commanding Officer, 4 Sri Lanka National Guard with the participation of troops.

Delicious Lunch Treat for 'Santhisewana' Elders' Home



Following the direction of Major General H H K S S Hewage RWP RSP USP rds psc, the General Officer Commanding of the 21 Infantry Division, the troops provided a delicious lunch for the inmates of the 'Santhisewana' Elders' home on 20 May 2024. The programme was also included with an entertainment session conducted by the Army Calypso Team. Senior Officers, Officers and Other Ranks of the Division also took part in the event.

ASVU Distributes Essentials Food Items



The Army Seva Vanitha Unit (ASVU) distributed 200 dry ration packs among Army personnel and Civil employees working at Security Forces (Wanni) and Security Forces (West) on 10 May 2024 at the Army Headquarters. Mrs. Janaki Liyanage, the President, ASVU graced the occasion as the Chief Guest and distributed those relief packs among the recipients. Brigadier Coordinating of ASVU, Senior members of ASVU, Senior Officers, Officers and Other Ranks were present at the occasion.

Army Seva Vanitha Unit Monthly Meeting



The monthly meeting of the Army Seva Vanitha Unit (ASVU) was held on 20 May 2024 at the Army Headquarters premises under the patronage of Mrs. Janaki Liyanage, President of ASVU, with the participation of Regimental Seva Vanitha Chairpersons, Executive Board members and Senior members.

After the meeting, Mrs. Janaki Liyanage, President of ASVU, awarded a financial grant for four soldiers serving at the Military Intelligence Corps (MIC) to complete their partly constructed houses. Further, she donated medical aids, financial grants, dry rations and school accessories during the same event.



The Army Seva Vanitha Unit (ASVU) conducted an event at Abimansala II, Kamburupitiya, to distribute 100 dry ration packs among War Heroes undergoing recuperation and rehabilitation at 'Abhimansala I, II, III, and Mihindu Seth Medura on 02 May 2024. Mrs. Janaki Liyanage, the President, ASVU graced the occasion as the Chief Guest and distributed those relief packs among the War Heroes.

In addition, the President of ASVU also donated a stock of cleaning items and equipment to Abimansala II in Kamburupitiya. The event was attended by members of ASVU, Senior Officers, Officers, and Other Ranks.



Dry Ration Packs for War Heroes at Abimansala



ASVU Distributes Essential Food Items

Following the conceptual layout of Commander of Army, with the guidance and supervision of Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit (ASVU) dry rations packs and essential food items were distributed among 200 Other Ranks and civil employees serving at Security Forces (Jaffna) and Security Forces (East) on 08 May 2024 at the Army Seva Vanitha Office, Army Headquarters.

Mrs. Janaki Liyanage, the President, ASVU graced the occasion as the Chief Guest and distributed those relief packs among the beneficiaries. Brigadier Coordinating of ASVU, along with senior members of ASVU, Senior Officers, Officers, Other Ranks and civil employees participated in the occasion.





Corps of Engineer Services Seva Vanitha Branch

Under the guidance of Mrs. Surangi Amarapala, Chairperson of Corps of Engineer Services Seva Vanitha Branch (CES-SVB), a book donation programme was took place on 09 May 2024 at the Regimental Headquarters, Corps of Engineer Services.



Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit, graced the occasion as the Chief Guest and awarded the school accessories for 200 selected children of Officers, Other Ranks, and civil staff of the CES who excelled in the Grade 5 Scholarship Examination - 2023 and GCE Ordinary Level Examination in 2022, achieving excellent results with 9As. Members of Corps of Engineer Services Seva Vanitha Branch, Officers and Other Ranks graced the event.

ASVU Donates a Medical Equipment for a Mother of a War Heroine



Following the conceptual layout of Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit (ASVU) and the supervision of Brigadier N Mahawithana KSP Brigadier (Coordinating), a blood sugar monitor was generously donated to an ailing mother of Late Corporal E N Silva of 1 Sri Lanka Army Women's Corps (SLAWC) on 30 April 2024 at her residence in Athulkotte.

The event was attended by Senior Officers of ASVU, including Staff Officer I (Admin), Officers and members of the beneficiary's family.

Sri Lanka Artillery Seva Vanitha Branch



Sri Lanka Artillery Seva Vanitha Branch (SLA - SVB) organised a school accessories donation programme for 200 children of both Army and civil employees serving in Sri Lanka Artillery on 04 April 2024. During the event, Mrs. Thanuja Dias, former Chairperson of Sri Lanka Artillery Seva Vanitha Branch, generously donated a wheelchair for a special needs child of a soldier. Major General B K G M L Rodrigo RSP psc IG, Colonel Commandant of Sri Lanka Artillery, Mrs. Swendrini Rodrigo, the Chairperson of Sri Lanka Artillery Seva Vanitha Branch, Senior members of SLA - SVB, Senior Officers, Officers and Other Ranks were present at the occasion.

Sri Lanka Engineers Seva Vanitha Branch



Further extending the welfare projects towards the members of the Sri Lanka Army, Mrs. Shammi Jayawardena, the President of Sri Lanka Engineers Seva Vanitha Branch (SLE-SVB) warmed another new house constructed for civil employee S G Sunil Gunarathne on 13 May 2024.

Major General M K Jayawardena RSP VSV USP ndu, Commandant of Sri Lanka Army Volunteer Force (SLAVF) and Colonel Commandant of the Corps of Sri Lanka Engineers (SLE) and Mrs. Shammi Jayawardena, the President, SLE-SVB, Colonel F Joseph USP, the Centre Commandant, Sri Lanka Engineers, Senior Officers, Lady Officers, members of SLE-SVB participated in the house warming ceremony.

Sri Lanka Signal Corps Seva Vanith Branch



The Annual General Meeting (AGM) of Sri Lanka Signal Corps Seva Vanitha branch was held with the participation of a large gathering under the patronage of Mrs. Ganga Herath, the President of Sri Lanka Signal Seva Vanith Branch on 18 of May 2024 at the auditorium. The event featured a beauty culture programme led by Chandhani Bandara, the Chief Visionary Leader, Chairperson, and Founder of 4Ever Skin Naturals (Pvt) Ltd. Additionally, Lieutenant Colonel Sujith Chaminda Edirisingha, Chief Editor of "Ranaviruwa" magazine, delivered an informative lecture on military history and literature. Members of the Sri Lanka Signal Corps Seva Vanitha Branch actively participated in the event.

Sri Lanka Light Infantry Seva Vanitha Branch



In line with the 'Vesak Poya' Day, Sri Lanka Light Infantry Seva Vanitha Branch organised a special Dhamma sermon under the guidance of Mrs. Vajira Perera, the President of Sri Lanka Light Infantry Seva Vanitha Branch at the SLLI Regimental Centre on 21 May 2024.

The Dhamma sermon was delivered by Venerable Thalalle Chandakiththi Thero, Incumbent of Narada Buddhist temple. The event was launched under the conceptual layout of Major General G M N Perera RWP RSP USP ndc, Quarter Master General and Colonel of the Regiment of Sri Lanka Light Infantry and the President of Sri Lanka Light Infantry Seva Vanitha Branch with the participation of members of Sri Lanka Light Infantry Seva Vanitha Branch.

Sri Lanka Sinha Regiment Seva Vanitha Branch



The Sri Lanka Sinha Regiment Seva Vanitha Branch (SLSR - SVB) visited the Abimansala III, Kurunegala on 11 May 2024 with the intention of inquiring about the wellbeing of War Heroes undergoing recuperation and rehabilitation on the premises. The visit was conducted under the guidance of Mrs. Neluka Nanayakkara, the Chairperson of SLSR - SVB and a set of communication equipment worth of 150000.00 also donated to the Abimansala III during the visit. Subsequently, a musical event was also organised to uplift the spirits of the War Heroes, providing moments of joy and relaxation. Senior Officers, Officers and Other Ranks were also present during the visit.

Gemunu Watch Seva Vanita Branch



Coinciding with the 15th 'Victory Day,' the members of the Gemunu Watch Seva Vanita Branch (GW - SVB) organised a Dansela programme for devotees who visited Sri Pada on 18 May 2024 under the guidance of Mrs. Manori Welagedara, the President of GW – SVB. The event was successfully held with the participation of members of the GW - SVB at the Sri Palabaddala Historical Raja Maha Viharasthanaya.

Vijayabahu Infantry Regiment Seva Vanitha Branch



Vijayabahu Infantry Regiment Seva Vanitha Branch (VIR - SVB) organised a blood donation campaign under the guidance of the President of Vijayabahu Infantry Regiment Seva Vanitha Branch at the Salute Hall on 16 May 2024. Members of Vijayabahu Infantry Regiment Seva Vanitha Branch, Senior Officers, Officers and Other Ranks participated in the event.

Commando Regiment Seva Vanitha Branch



Following the conceptual layout of Mrs. Nimali Ranatunga, the Chairperson of Commando Regiment Seva Vanitha Branch (CR - SVB), an ice cream dansal programme was organised at Commando Regiment, Ganemulla in line with the Vesak festival on 26 May 2024. The event was organised under the guidance of Major General P G P S Rathnayaka RWP RSP ndc, General Officer Commanding of the 53 Infantry Division and Colonel of the Regiment of the Commando Regiment and under the close supervision of Brigadier B M S K K Dharmawardena RWP RSP USP, the Centre Commandant of the Commando Regiment. Senior Officers, Officers, and Other Ranks participated in this charity event.

Special Forces Seva Vanitha Branch



A programme to distribute basic maternity essentials to the pregnant spouses of Special Forces members was held under the patronage of Mrs. Anoja Peiris, President of the Special Forces Seva Vanitha Branch, at the Special Forces Regimental Centre on 30 April 2024. Members of the Special Forces Seva Vanitha Branch participated in the event.

Military Intelligence Corps Seva Vanitha Branch



Mrs. Prasadini Ranasinghe assumed the duties as the new President of Military Intelligence Corps Seva Vanitha Branch on 20 April 2024 following the auspicious hours.

Sri Lanka Army Service Corps Seva Vanitha Branch



Extending the welfare activities further, Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB) distributed baby items for pregnant spouses of Officers, Other Ranks and civil servants serving at SLASC on 04 May 2024. 45 pregnant mothers accordingly, benefited from the programme upon the financial generosity extended by the members of Sri Lanka Army Service Corps Seva Vanitha Branch. Also, Mrs. K D I Perera, Retired Nursing Officer of Lady Ridgeway Hospital enlightened the audience on 'Antenatal and Postnatal Conditions for Mothers' while Dr. Manori Marasinghe – a member of Sri Lanka Army Service Corps Seva Vanitha Branch educated the expecting mothers on 'Brestfeeding'. Mrs. Chandi Rajapakse, the President of Sri Lanka Army Service Corps Seva Vanitha Branch together with members participated in the programme.

Sri Lanka Army Medical Corps Seva Vanitha Branch



The Sri Lanka Army Medical Corps Seva Vanitha Branch (SLAMC - SVB) organised a donation programme to provide essential hospital necessities such as bedsheets, pillowcases, towels, and more for 350 female patients at Apeksha Hospital in Maharagama on 27 April 2024. Dr. Nilmini Fernando, the President of SLAMC - SVB, Senior members of SLAMC - SVB, Senior Officers, Officers and Other Ranks were present at the occasion.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



Members of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch (SLAOC - SVB) visited the National Institute of Mental Health in Mulleriyawa on 25 May 2024 and donated essential items. Further, the renovation project in a ward ceiling to enhance the patients' living environment was also initiated. Before the culmination, a delicious lunch treat was also provided for all. Mrs. Iresha Fernando, the Chairperson, SLAOC - SVB, Senior Officers, Officers and Other Ranks were present at the occasion.

Sri Lanka Electrical and Mechanical Engineering Seva Vanitha Branch



The 'BlueBell Monarch' Holiday Resort in Diyathalawa was inaugurated on 22 April 2024 by Mrs. Nandani Samarakoon, Chairperson of the Sri Lanka Electrical and Mechanical Engineering Seva Vanitha Branch (SLEME - SVB). The construction of this holiday bungalow was completed by the troops of 2 (V) Sri Lanka Electrical and Mechanical Engineering under the guidance of Major General S P A I M B Samarakoon Hdmc Lsc, the Deputy Chief of Staff and Colonel Commandant of SLEME.

Sri Lanka Army General Service Corps



In line with the 75th anniversary, the 1 Sri Lanka Army General Service Corps (1 SLAGSC) initiated a project to repair a dilapidated house of a deserving family in the farm village – Panaluwa Camp. The repaired house was handed over to the beneficiary on 30 May 2024 with the participation of the President, the Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC-SVB). The troops of 1 SLAGSC and 2 (V) SLAGSC provided essential manpower for the project and local philanthropists generously contributed the necessary financial support. 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, along with Mrs. Himali Niyangoda, President of the Sri Lanka Army General Service Corps Seva Vanitha Unit, officially handed over the completed house to the beneficiary on 30 May 2024.

Sri Lanka Army Women's Corps Seva Vanitha Branch



Following an initiative taken by Mrs. Udula Kasturimudali, Chairperson, Sri Lanka Army Women's Corps - Seva Vanitha Branch (SLAWC - SVB), pregnant lady soldiers in the 7 Sri Lanka Army Women's Corps received basic maternity essentials and dry ration packs on 14 May 2024. Major M P Sinharage, Commanding Officer of 7 SLAWC, members of SLAWC - SVB, Senior Officers, Officers and Other Ranks participated in the event.

Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch



The Sri Lanka Army Corps of Agriculture and Livestock - Seva Vanitha Branch (SLACAL - SVB) organised the donation of prosthetic limbs on 19 May 2024 at the Regimental Headquarters in Karadeniya, coinciding with the 15th commemoration of National War Heroes' Day. This event aimed to uplift the lives of differently-abled soldiers in service and to support residents of Karadeniya and nearby villages affected by various natural disasters. Ms. Dilu Rodrigo, all members of the "Friends in Need Society" and the Rotary Club of Capital City extended the much required 27 artificial limbs for the programme. Major General S A Kulatunge RWP RSP VSV USP, Commander, Security Forces (East), and Colonel Commandant of SLACAL, Mrs. Varuni Kulatunge, Chairperson of SLACAL - SVB, Senior Officers and Officers of SLACAL also participated in the event.



“Protect your teeth and gums for a smile lifetime”

**Says Colonel (Dr.) Pubudu C. Perera
Consultant in Restorative Dentistry
Army Hospital-Narahenpita**

Colonel (Dr.) Pubudu C. Perera, currently working as the senior Consultant in Restorative Dentistry at the Dental Institute of the Army Hospital in Narahenpita, joined the Sri Lanka Army in 2012 to the rank of Lieutenant Colonel. Later, he was promoted to the Rank of Colonel in the year 2016. Before his military career in the Sri Lanka Army as a consultant, he worked as a Senior Lecturer at the Faculty of Dental Sciences at the University of Peradeniya for consecutive 13 years. Also, he did his postgraduate trainings the Postgraduate Institute of Medicine (PGIM), University of Colombo and in Tokyo Medical and Dental University (TMDU) in Japan. He is a visiting researcher to TMDU and he has done many International presentations and publications and defense conferences and has

promoted and represented Sri Lanka Army in many international forums during his career in the medical field. He was also instrumental in introducing all sorts of modern dental equipment and dental implants to the Sri Lanka Army Dental Services. He is also an international speaker and an international researcher on various dental topics and he attends about four dental conferences in the world per year with his expertise. Moreover, he is a postgraduate trainer for dental specialists in Sri Lanka conducted by PGIM. Also, he is a dental surgeon accredited by the Asian Academy of Aesthetic Dentistry (AAAD). However, with the intention of sharing information about the dental related issues with our readers, this special feature article was written after conducting

an exclusive interview with him.

Question : -

How do you prepare a patient for a dental surgery?

Answer : -

Actually, this depends on the type of surgery that you are going to perform. You have to check for the patients past medical history, and also about his or her drug history (What sort of drugs that the patient is taking and its effects on the dental treatment). If the patient is taking drugs such as Aspirin, Clopidogrel and Warfarin, we have to be very cautious and we have to get advises from the patient's physician or Cardiologist. If the patient is on hypotensive drugs, then you have to check for patients' blood pressure

before starting the dental surgery under local anesthesia. If the patient is a diabetic, then you have to check for his glucose levels. Normally, when you are doing a dental surgery you have to take the patient early in the morning just after the meals and do not keep the patient for a long period of time because the patient can become hypoglycemic and collapse. If the patient is going for a general anesthetic procedure regarding dental issues, then all normal general anesthetic protocols should adhere to assess the patient.

Question :-

What sort of precautions one should take to prevent from tooth related diseases?

Answer :-

It is important to know that almost all dental diseases are preventable.

There are two main dental diseases which can describe as Dental Caries and Periodontal diseases. Dental caries is due to high sugar consumption and not brushing properly teeth with a recommended Fluoride containing tooth paste, taking sweets all the times and inadequate time for repair. Periodontal disease is a micro bial disease and it occurs on the tooth attachment apparatus tooth becomes loose and gradually exfoliate. So dental caries is a disease of cavity formation where the acid is formed by micro bacteria which causes cavities that can lead to pulpal damage and pulpal necrosis and patient has pain. Periodontal disease is a micro bill disease where the micros attached to the tooth attachment apparatus and that should be treated accordingly. Other diseases are oral cavity related other problems which can be systemic manifestations which are occurring on oral cavity. As an example, the, Ulcerations, abscesses, growths, reddish/whitish patches.

Oral cancer is another disease of the oral cavity. It is the second most prevalent cancer in the whole body and it can spread all over your body. So oral cancer screening should be done for these patients and then identify the diseases as early as

possible and treat them accordingly. Early detection is of utmost importance.

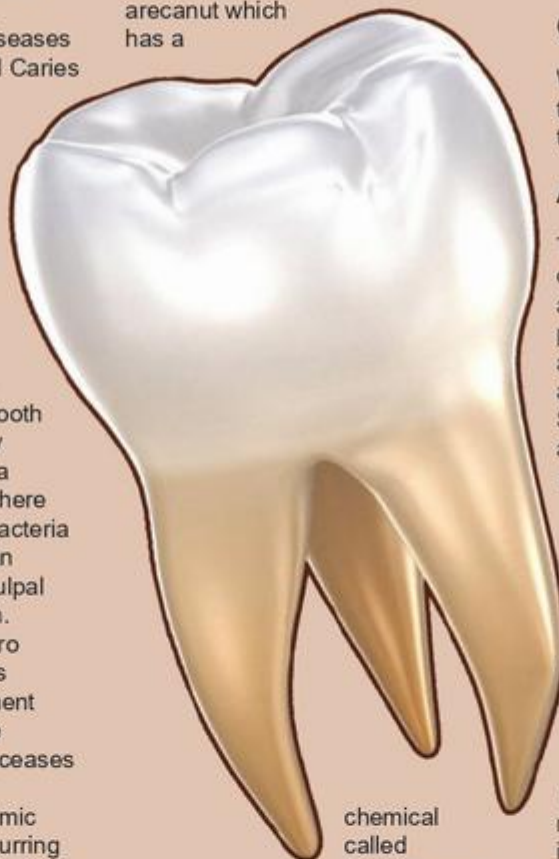
Other very important aspect of teeth related problem is dental trauma; this is due to damage to teeth and other oral structures. This is the most common problem in military personnel mainly due to accidents, training sessions and construction fields.

Question :-

Chewing Beetles and smoking can be a main cause for getting oral cancer? How do you describe this?

Answer :-

Main cause is for oral cancer is smoking and beetle chewing. Smoking which has a nicotine in it can cause the cancer and in beetle chewing, you take arecanut which has a



chemical called "areca" which initiate the process

of cancer and the oral mucosa becomes carcinogenic this condition is known as Oral Submucous Fibrosis(OSMF) in which the patients will present with whitish gums and difficulty in opening the mouth. So if you happen to see a whitish patch, a lump or some kind of a reddish lesion in your mucous

membrane of your mouth, then you have to be very vigilant and meet and inform your doctor as soon as possible. Then they will screen and sometimes they will take a "biopsy" of part of it and they will send it to the laboratory to check whether it's a cancer. Also, there are other lesions in the oral cavity which are salivary gland disease, salivary gland carcinomas and tumors also can cause the diseases of the oral cavity and sometimes there can be dry mouth, due to auto immune diseases and that is also describes as a biggest problem in the oral cavity. When the patient is taking lots of medications for ailments such as diabetics, hypertension and all sorts of illnesses and then they get dry mouth. So, as a result of this, their teeth become prone to more caries. Saliva in your mouth is very important to protect the teeth from caries.

Question :-

What sort of first aid should be given to a patient who has broken his teeth due to an accident?

Answer :-

The biggest problems for damage or breaking of teeth are unexpected accidents. So your teeth are more prominent in the face and if there is an accident occurred to your face and your teeth can get affected. So you have to be very cautious about accidents occurred to your teeth. The knowledge of initial management of trauma till you seek treatment is very important. This is one of the biggest problems for military personnel. Because during their training, there is more tendency of their teeth getting damaged and also the motorcycle accidents and other sort of physical training activities which in turn can cause damage to teeth. So these teeth related to dental trauma should be immediately attended otherwise there can be future complications which cannot be treated. So always make sure that if there is a trauma to the teeth, make sure that the patient should be immediately sent to a dental unit for further investigations. So they will do some radiological (X Rays) and all sort of investigations. In such situations, If the teeth become mobile or shaky

they will splint it and they will bind it together and keep it for some time which causes healing. If the tooth is partially damaged anyway you have to take the patient to the dental clinic and they will manage according to the trauma guidelines and make the treatment plan.

Question :-

What sort of services that the patients can be obtained at the Dental Institute of the Army Hospital in Narahenpita ?

Answer :-

Dental Institute at the Army Hospital in Narahenpita which is a tertiary care center provides all sorts of dental treatments which is required to restore aesthetics and function. If you go to normal dental unit, there is only limited number of treatment options are there. But when you go to a tertiary care unit like Army Hospital in Narahenpita, you have all specialties of dentistry, namely restorative dental consultants or Consultant Orthodontists and Oral and Maxillo-facial Surgeons.

Oral and Maxillo-facial surgeons deals with difficult extractions, impacted teeth, correcting fractures of teeth and jaws, and other sorts of Cancer surgeries which are done at the dental unit or the operations theatre.

The Orthodontists will deal with irregular teeth, aligning of irregular teeth planning of Ortho-gnathic surgeries.

The Restorative specialists are responsible for difficult and advanced root canal treatments for molar teeth, difficult root canal treatments even for front teeth, and replacement of teeth with an artificial means like dental implants, dentures, placing crowns and bridges.

Question :-

It is observed that sometimes people used to remove the lids of cool drink bottles using their teeth without a bottle opener. Can this be a cause for a damage in their teeth?

Answer :-

Yes, lot of people use their teeth to open the lids of bottles and cut metal wires and other related stuff. So these types of wrong practices can damage the enamel of the teeth and there can be crack formation. As a result of this, the teeth have to be taken out. So you have to take good care of your teeth. Further, you should avoid these unnecessary habits and you have to always protect your teeth. This is very common with our Army

restoration if there is a requirement.

Always make sure that the Commanding Officers of relevant units to send all their patients to the relevant dental clinics for regular checkups at least once in six months' time for dental clean ups and any other cavity formation assessments. In addition, the use of fluoride tooth paste is a must for your oral hygiene.

Fluoride has a protective mechanism for teeth. However, the other reason for dental carries is the sweets and not brushing your teeth regularly. So when you consider brushing your teeth, you have to always brush before bed time. after brushing at night, you shouldn't take any sweets or a food item and when you get up in the following day morning you have to brush your teeth again.

However, you have to brush your teeth properly. If not, the food parts in your broken tooth will be there till your dinner which ultimately lead to cavitation.

personnel because they are very young and energetic and they think that their teeth are quite strong and because of that they tend to do all these malpractices which in turn will cause lots of damage to their teeth. However, most of the dental diseases can be preventable. So always you have to go for preventive dental clinics done by our dental therapists and the preventive units. So what we do there is we take the patients and we assess their conditions and we do the initial



By Lieutenant Duminda Senarath
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Directorate of Media &
Psychological Operations
Army Headquarters

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Life

in a Toxic Relationships & Interactions

Life consists of bonds between each other. These bonds are simply called relationships. There are many relationships with various situational behaviours. As we know, some of the experiences of relationships include positive and negative consequences. The mode of these relationships is highly affecting to our health, mentally, physically, socially, and in many other ways. Hence, we need to continue with good relationships for a better life.

Today, we're going to discuss one type of relationship that highly affects our lives and others, directly and indirectly. Since, it affects to others badly, it's called as a toxic relationship. Further, it could be simply defined as, "a relationship that makes you feel worse than it previously existed".

During toxic relationships what really happens?

Abuse in a relationship can occur through mental and physical means. This can involve various scenarios, situations, or feelings, such as:

I didn't feel safe during the relationship. In this case, it feels like I don't have emotional support, which I expected. You didn't feel like saying reality in front of them since he or she may misunderstand or misinterpret it.

It feels like I lost myself: for the need for your partner, your behaviour changes and restrictions may impose.

Feels worse than earlier: Sometimes, you may have some issues, but with these relationship bonds, things go crazy.

It feels like he or she has control over you. This limits your independence. The partner is always over you in all aspects.



You feel a toll on your self-esteem over time.

Finding your weaknesses and highlighting them, followed by joking or blaming

Expect everything from you, but none from them.

You always feel depressed, angry, and tired while talking.

You feel that it always challenges your self-esteem.

Feels unsupportive, demanding, threatening, etc.

When it comes to this sort of toxic relationship, the abusive nature is frequent. Hence, there's a requirement to know more about how they differ from each other. In a toxic relationship, disrespect and violations of boundaries can be observed regularly. During an abusive relationship, repetitive behaviour is used to harm another person. Hence, all toxic relationships are not abusive, but all abusive relationships can be toxic.

Some differences between toxic relationships and healthy relationships can be elaborated as follows:

Insecure: secure; jealous: love; misunderstand: understanding; selfish: selfless; negative: positive; distrust: trust, critical: encouraging, as patterns explain how opposites each.

When it comes to different relationships in toxic patterns, one needs to understand the varieties. Meanwhile, we must remember that toxic relationships are not limited to romantic affairs. It can be anywhere, like a family, school, workplace,

playground, or any. These will be toxic once a person is unable to cope.

Generally, we can find several types of toxic relationships. Among those, understanding the following will help anyone have a healthy relationship.

Negative behaviours: Continuous complaints, criticism, negative thinking, and reactions, play a role in toxic attachments. Similarly, perfectionist behaviour and competitiveness without control also show these similarities.

A lack of self-awareness: This creates toxic relationships as such personnel don't know the impact of their actions on others, thereby, they don't have a sense of their behaviour outcomes towards others' mentalities.

Intention to hurt others: Some individuals exhibit intentions of strict, rude, and angry behaviour to hurt others. They know those actions mean to hurt others.

Cheating continuously: Continued cheating also seems toxic. It creates painful, stressful situations for others. Such individuals are only seeking their pleasure and don't care about others' feelings or emotions.

Why do we need to know about toxic relationships?

Since these sorts of relationships create mental health issues among individuals, groups, and communities including direct and indirect impacts in various scenarios, it directly causes mental disorders like anxiety and stress.

What we can do to cope with toxic relationships

Talk : You need to talk to the subject about how you feel. This must have to do with a constructive pattern. Then, it will not provide the wrong meaning.

Evaluate your relationship. It elaborates that you need to evaluate the status of it. During this evaluation, it must continue by considering salient factors with much regard to the relationship.

Limit Your Time: Do not overspend your time with such people. We need to stay away as much as possible.

Use I feel: Once you are in conversation, try to use the word "I feel." Then it will be more assertive in communication with such individuals.

Understand their weakness: Don't go for heated arguments. Understand their weaknesses. Examples like being unable to cope, a lack of self-awareness, and social skills.

Coping with a toxic relationship is not easy. Hence, better communication is a must, with clearly identified boundaries. Having better communication can reduce the worst impacts. If you are experiencing such relationship issues do not hesitate to meet a qualified mental health practitioner.



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Foreign Mission



79th CISM Council held at Tanzania

79th International Military Sports Council (CISM - Conseil International Du Sport Militaire) was held during 12 – 19 May 2024 at Dar es Salaam, Tanzania with the participation of representatives of all 140 member-countries.

Representing Commander of the Army and President of Sri Lanka Defence Services Sports Council, Brigadier G A T Godewatta RWP RSP, Director, Directorate of Sports and team of Tri-Service Officers from Sri Lanka participated in the event.

During the event, the Memorandum of Understanding was signed between Colonel Nilton Gomes Rolim Filho, President of CISM and Brigadier G A T Godewatta RWP RSP, regarding the 80th CISM Council which is going to be held in Sri Lanka next year.

15th SLFPC Pays a Courtesy Call on the Ambassador of Sri Lanka in Beirut

The newly appointed Contingent Commander of the 15th Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL), Lieutenant Colonel D K D Vithanage RSP, along with several Officers and Other Ranks, paid a courtesy call on HE Mr. Kapila Susantha Jayaweera, the Ambassador of the Democratic Socialist Republic of Sri Lanka to Lebanon at the Sri Lankan Embassy in Beirut, Lebanon on 02 May 2024.

During the occasion, the Ambassador expressed his valued views on the diplomatic missions in Lebanon and the reputation gained by the Sri Lankan peacekeepers in UNIFIL.



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	15,200.00	16,400.00	17,600.00	18,800.00	19,200.00	20,000.00		52,666.67
	HB	16,700.00	18,200.00	19,700.00	21,200.00	22,200.00	23,000.00	12,000.00	73,333.33
	FB	18,200.00	19,700.00	21,200.00	22,700.00	23,200.00	24,000.00		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



Jayawadani and Baby Madhavan Testaments to the Humanity of the Sri Lanka Army

Fifteen years have passed since the end of the brutal conflict between the Tamil Tigers (LTTE) and Sri Lankan government forces. The memories of the war, which ended in 2009, seem to have faded for many, yet the scars remain fresh for those who lived through it. For some, it is a chapter they would rather forget; for others, it is a day of rebirth. The experience of war is a harrowing ordeal for all involved, leaving no true victors—only victims.

During the final phase of the war in 2009, the Sri Lanka Army launched a humanitarian operation to rescue innocent Tamil civilians trapped in the no-fire zone in Mullivaikkal, Mullaitivu district. Under the command of their leader,

Velupillai Prabhakaran, the LTTE held civilians' hostage, using them as human shields and even shooting those who attempted to escape through the lagoon toward government-controlled areas.

This final chapter of the war was marked by a mixture of desperation and hope. The prospect of the conflict's end brought a good hope of optimism to many hearts. However, the grim reality on the ground painted a different picture. The LTTE forcibly separated families, using them in their strategy to fend off government forces. Many

civilians, unaware of the true nature of their plight, stood by the LTTE, not realising the tragic destiny that awaited them.

Jayawadani and Mahadevan, a newlywed young couple lived in the LTTE controlled area. As the conflict reached its peak, they decided their journey towards Vishwamadu from Sugandirapuram, following the command of the LTTE. Jayawadani, anticipating the birth of their child, repeatedly urged Mahadevan to leave the LTTE. However, living under the militant group's strict control made such a decision

perilous. As they moved toward Pudematalan, they witnessed the LTTE's ruthlessness, including the random abduction of civilians, which intensified Jayawadani's fears for her son's future.

As the conflict reached its climax, the situation on the ground changed dramatically. The humanitarian operation intensified. The trapped civilians, once the pillars of the LTTE's defence, became pawns in a desperate game of survival. The end of the war was not a moment of triumph but a somber reminder of the costs of conflict.

Seven days after Madhavan's birth, the couple made the courageous decision to surrender to the government forces, hoping to secure a better future for their child. The decision to defect from the LTTE was fraught with danger, especially within the LTTE-controlled territories where escape attempts were often met with lethal force. Despite the risks, Jayawadani, holding her newborn son, embarked on a desperate journey across the lagoon to reach safety.

As they attempted to cross, the LTTE, determined to prevent any defections and maintain their human shield, opened fire. Jayawadani was struck in the head, her face gruesomely disfigured by the gunshot. Tragically, she lost her grip on Madhavan, who fell into the water, also severely injured by the gunfire.

The Sri Lanka Army's witnessing the horror, swiftly intervened. Both mother and child were rescued from the lagoon. Madhavan who was battling severe head and abdominal injuries airlifted to Lady Ridgeway Hospital, in Colombo. A bullet had traversed his tiny body, leaving devastating damage with little hope for survival.

Jayawadani, severely wounded in an attack by the very people she once served, was brought to a hospital for urgent treatment. Her head and face bore the brutal scars of her ordeal. Despite the severity of her injuries, she reflected on the attack as a betrayal, a ruthless twist of fate that tested her will to live. Doctors worked tirelessly to treat her head wounds, with

neurosurgeons fixing her skull with several plates. Her robust health played a crucial role in her swift recovery, although she lost an eye.

As April came to an end, Jayawadani's son, Madhavan, faced a more precarious journey. The neonate arrived at Lady Ridgeway Hospital for Children, Colombo with severe injuries to his neck and head received the good care for eight long months, from the dedicated staff at the hospital. After performing multiple operations by Dr. Chandima Suriyaarachchi - Senior Surgeon, Lady Ridgeway Hospital for Children, the child was lucky to survive. During this critical period, Madhavan's growth and recovery unfolded within the walls of the hospital, under the vigilant care of the medical team.

In an extraordinary display of compassion and dedication, the hospital staff went above and beyond, even breastfeeding the infant and providing the tender care he needed. Without a guardian, Madhavan was referred to as C1, C2, or C3, highlighting the anonymity that surrounded his early days. The staff's devotion turned into a remarkable revolution in medical care, ensuring his survival against all odds. The police, unable to trace his parents, presumed them dead, leaving the hospital staff as his sole protectors.

Madhavan's survival became a miracle story, a testament to the power of medical care and human kindness. His presence in a single cot, an adorable baby boy without a guardian, touched the hearts of everyone who encountered him. The hospital staff took special measures to ensure his safety, particularly during visiting hours, when he became a hope amidst the sorrow of the hospital ward.

Six months later, a woman who had been recovering from a coma and complex plastic surgery at the nearby National Hospital, Colombo having been transferred from the war zone during its final stages, visited Lady Ridgeway Hospital. She came forward to claim her right to the child, and DNA testing confirmed her as Madhavan's mother. This reunion was a moment of profound joy and fortune. Two other Tamil mothers with missing

babies had also come forward and they also found their lost sons.

Jayawadani and Madhavan's story, emerging from the ruins of war, serves as a reminder of the enduring spirit of humanity and the miracles that can arise even in the darkest times. Today, Madhavan is a well-grown young man enjoying his youth. Reflecting on his past, it becomes evident that it was not the supposed enemies but his own people who attacked him as an infant, despite their promises of a better future. Madhavan was among the fortunate few who were rescued and given a second chance at life, due to the intervention of the Sri Lanka Army. Today they breathe the fresh air of liberty having a good sign of future that once seemed unattainable due to the incomparable sacrifices of the War Heroes.

Glossary of Terms

LTTE- Liberation Tigers for Tamil Eelam

C1, C2, C3- The codes of identification



**Captain
KVN Lakmali
SLAGSC**



HISTORY OF military footwear

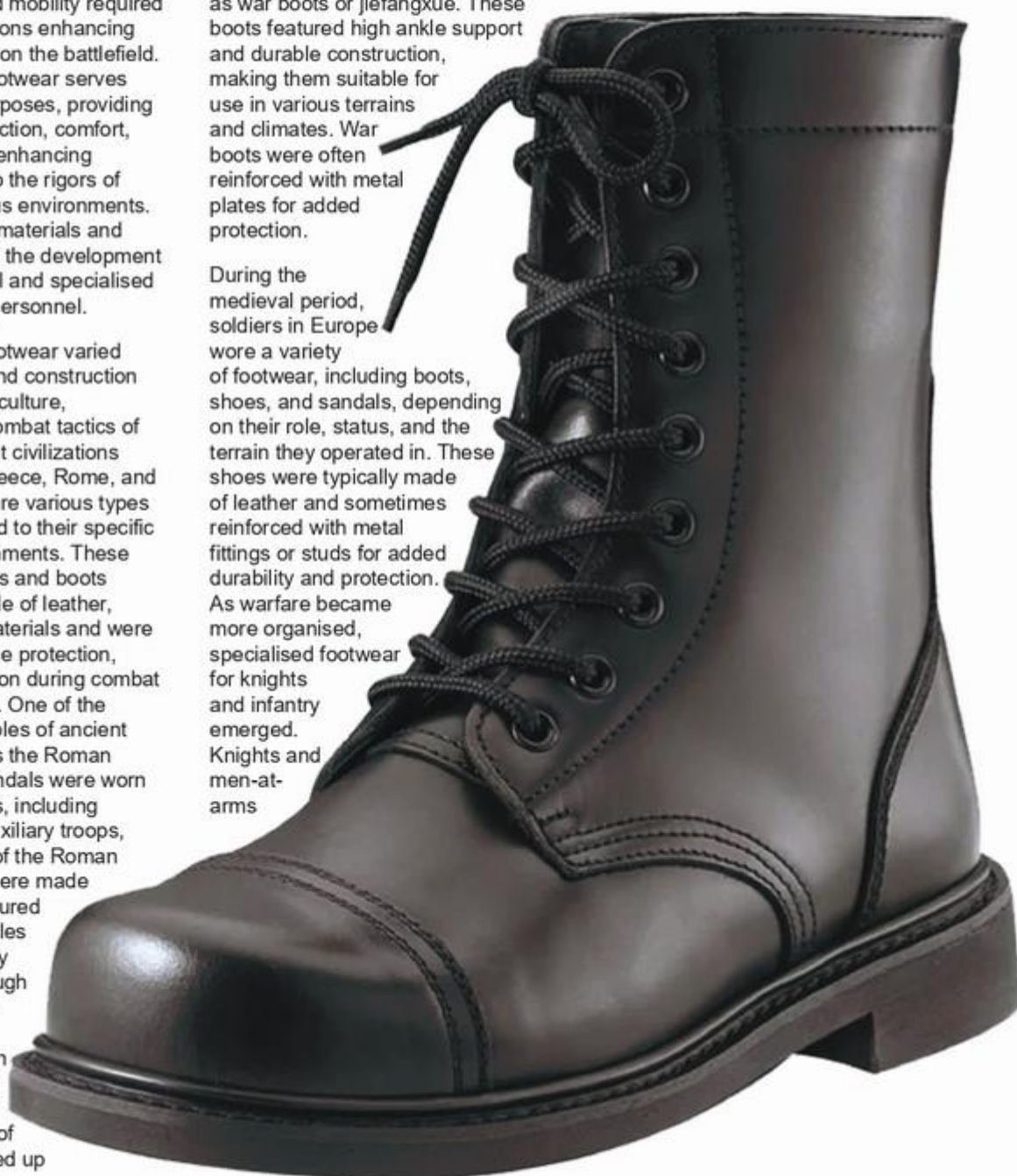
Military footwear has a long history, evolving over centuries to meet the demands of soldiers in various environments and combat situations. Throughout history, military footwear has played a crucial role in providing soldiers with the protection, and mobility required for combat operations enhancing their performance on the battlefield. Modern military footwear serves several crucial purposes, providing soldiers with protection, comfort, and performance-enhancing features tailored to the rigors of combat and various environments. Advancements in materials and design have led to the development of highly functional and specialised boots for military personnel.

Ancient military footwear varied widely in design and construction depending on the culture, technology, and combat tactics of the time. In ancient civilizations such as Egypt, Greece, Rome, and China, soldiers wore various types of footwear tailored to their specific needs and environments. These early military shoes and boots were typically made of leather, wool, or woven materials and were designed to provide protection, comfort, and traction during combat and long marches. One of the most iconic examples of ancient military footwear is the Roman caligae. These sandals were worn by Roman soldiers, including legionaries and auxiliary troops, during the height of the Roman Empire. Caligae were made of leather and featured hobnails on the soles for added durability and traction on rough terrain. In ancient Greece, soldiers wore a type of high boot known as the cothurnus. These boots were made of leather and reached up

to the mid-calf or knee, providing protection and support during military campaigns and marches. The cothurnus was also worn by actors and performers in Greek theater. Ancient Chinese soldiers wore sturdy leather boots known as war boots or jiefangxue. These boots featured high ankle support and durable construction, making them suitable for use in various terrains and climates. War boots were often reinforced with metal plates for added protection.

During the medieval period, soldiers in Europe wore a variety of footwear, including boots, shoes, and sandals, depending on their role, status, and the terrain they operated in. These shoes were typically made of leather and sometimes reinforced with metal fittings or studs for added durability and protection. As warfare became more organised, specialised footwear for knights and infantry emerged. Knights and men-at-arms

often wore specialised armored boots for additional protection. These boots were constructed from leather or metal plates and provided defense against blows to the feet and ankles during mounted combat. Infantry soldiers and archers commonly wore ankle boots or shoes, which provided flexibility and mobility on foot. These shoes were simpler in design but still offered adequate protection against the elements and minor injuries. Hobnailed boots were commonly worn by medieval soldiers, providing traction and durability on rough terrain. These boots featured metal studs or hobnails hammered into the soles to prevent wear and



provide better grip during marches and combat. In the late Middle Ages, advances in technology and manufacturing techniques led to improvements in the design and construction of military footwear which became taller and more protective, while innovations such as lacing systems and adjustable straps allowed for a better fit and increased comfort.

During the early modern era, which spans roughly from the late 15th to the late 18th century, military footwear continued to evolve, reflecting changes in warfare, technology, and fashion. The early modern era saw the gradual transition from medieval-style footwear to more refined and specialised military boots and shoes. Advances in manufacturing techniques allowed for greater consistency in design and quality. One notable development during this period was the increasing popularity of taller boots among military personnel. These boots provided better protection for the lower legs and ankles, particularly important for cavalry and infantry soldiers navigating rough terrain. Military footwear continued to be primarily made of leather, though improvements in tanning methods and leatherworking techniques led to more durable and comfortable boots. Leather remained the material of choice due to its availability, flexibility, and resilience. Military boots often featured lacing systems or buckles to ensure a snug fit and provide additional support. These closures allowed soldiers to adjust their footwear for comfort and stability during long marches and maneuvers. Cavalry troops commonly wore high boots with reinforced heels and soles to provide stability in the saddle and protect against stirrup pressure. These boots often featured spurs, which were used to control horses during combat.

During the Industrial Revolution, which spanned from the late 18th to the early 19th century, significant advancements in manufacturing processes revolutionised the production which brought about the widespread adoption of mechanized manufacturing techniques, allowing for the mass production of military footwear which became

more standardised in design and construction. Standardised patterns and specifications were established for boots and shoes, ensuring consistency in fit, durability, and quality across military units. Military footwear continued to be predominantly made of leather, but canvas also became a popular material for certain types of boots and shoes. Canvas footwear, often reinforced with leather or rubber, was lighter and more breathable than traditional leather footwear. The increased mechanisation of production allowed for the creation of specialised designs tailored to the needs of different branches of the military. For example, cavalry boots featured reinforced heels and soles for use in the saddle, while infantry boots prioritised comfort and durability for marching on foot. This period also saw the widespread adoption of rubber for military footwear. Rubber soles and heels provided improved traction and shock absorption, enhancing the performance and comfort of soldiers in various terrains and conditions.

During World War I, military footwear underwent significant changes to meet the demands of trench warfare and the harsh conditions faced by soldiers on the front lines. One of the most iconic developments in World War I military footwear was the introduction of trench boots. These boots were designed to provide soldiers with protection against the cold, wet, and muddy conditions of trench warfare. They featured high ankle support and were often made of leather with rubber soles. Many soldiers wore hobnailed boots, which had metal studs or nails embedded in the soles for added grip on slippery surfaces. These boots were particularly useful in navigating the muddy trenches and shell-cratered terrain of the Western Front. Leather shortages during World War I led to the adoption of alternative materials for military footwear, such as canvas and rubber. Canvas boots, while less durable than leather, were lighter and more breathable, making them suitable for certain roles and environments.

Puttees were widely used by military forces during the late 19th

and early 20th centuries. They were widely adopted by armies for their practicality, offering support to the lower leg and ankle while also serving as a protective barrier against debris and minor injuries. Puttees are long strips of cloth, typically made of durable fabric, such as wool or cotton, wrapped tightly around the lower leg in a spiral fashion, starting from the ankle and working upward towards the knee. The tight winding provides support to the ankle and helps to secure the fabric in place. Once wrapped, puttees effectively cover the lower leg, providing protection against abrasions, cuts, and other minor injuries. They also help to keep dirt, sand, and debris out of the wearer's boots, particularly in rugged or muddy terrain. Puttees are secured in place by tying or fastening the loose end of the fabric once it has been wrapped around the leg. Some designs may feature additional fasteners or buckles for added security. While puttees have largely been replaced by modern military footwear and equipment, they continue to be used in certain military traditions, ceremonial dress, and historical reenactments.

World War II saw ongoing innovation in military footwear, resulting in the development of specialised boots tailored to different theatres of operation and combat environments, and the introduction of new materials such as synthetic rubber and nylon. Combat boots became standard-issue footwear for soldiers during World War II. These boots were designed to provide ankle support, durability, and protection against various terrain conditions. They typically featured leather uppers, rubber soles, and lace-up closures. Paratroopers required specialised footwear suited for their airborne operations. Para boots were similar to combat boots but often featured reinforced ankle support and additional padding to absorb impact upon landing. They were designed to be lightweight yet sturdy. In theatres of operation with desert environments, such as North Africa and the Middle East, soldiers were issued desert boots. These boots had breathable canvas or suede uppers and rubber soles designed to withstand hot and sandy conditions while providing

comfort and traction. Winter warfare required specialised footwear to protect soldiers from extreme cold and snow. Winter boots, often lined with fur or felt, provided insulation and warmth in freezing conditions. They also had non-slip soles for traction on icy surfaces. Jungle warfare in the Pacific and Southeast Asia necessitated footwear that could withstand the heat, humidity, and rugged terrain of tropical rainforests. Jungle boots featured canvas uppers with drainage vents, rubber soles for traction, and sometimes included spikes or cleats.

The latter half of the 20th century, the Cold War era, witnessed advancements in materials and manufacturing techniques, leading to the adoption of new technologies in military footwear. Synthetic materials such as Gore-Tex were incorporated into boots to improve waterproofing and breathability, while advanced rubber compounds enhanced traction and durability. Combat boots were typically made of leather or synthetic materials and featured sturdy construction, ankle support, and slip-resistant soles. They were designed to withstand various terrains and weather conditions, and specialised boots were developed for specific military roles and environments.

In the modern era, military footwear has undergone significant advancements in materials, design, and technology to meet the diverse demands of contemporary warfare. Modern military footwear integrates advanced technologies to enhance performance and protection. Features such as Gore-Tex membranes provide waterproofing and breathability, while Vibram outsoles offer superior traction and durability. Some boots incorporate antimicrobial treatments to prevent odor and infection. Modern combat boots are designed to provide soldiers with durability, support, and comfort during extended periods of deployment. They often feature reinforced toe caps, ankle support, moisture-wicking linings, and slip-resistant soles. They are constructed from high-quality materials such as full-grain leather, nylon, and synthetic fabrics, ensuring long-lasting durability in harsh environments. Specialised

manufacturing techniques and construction methods contribute to the boots' ability to withstand abrasion, tearing, and other forms of wear and tear. The outsoles of modern military boots are engineered with advanced tread patterns and materials to provide superior traction and grip on various surfaces, including mud, gravel, snow, and wet terrain. This enhances stability and mobility for soldiers during tactical



maneuvers and patrols. Comfort is also a crucial consideration with features such as cushioned insoles, padded collars, and breathable linings to reduce fatigue and prevent foot ailments during prolonged wear. Additionally, supportive elements like arch and heel reinforcements promote proper posture and reduce strain on the feet. Many modern military boots are equipped with waterproof membranes or treatments to keep soldiers' feet dry in wet conditions. At the same time, they incorporate breathable materials and ventilation systems to promote airflow and moisture management, reducing the risk of blisters and fungal infections. Military footwear designs often incorporate modular features or compatibility with additional components such as gaiters, crampons, or specialized inserts to accommodate various mission requirements and environmental challenges. This adaptability allows soldiers to customise their footwear for specific tasks and conditions. Modern military footwear undergoes

rigorous testing and evaluation to ensure it meets the stringent standards and performance criteria set forth by military organisations worldwide, and is developed with a focus on human factors engineering, ensuring optimal fit, comfort, and performance for individual soldiers. Customizable sizing options, ergonomic design features, and user feedback mechanisms contribute to improved functionality and user satisfaction.

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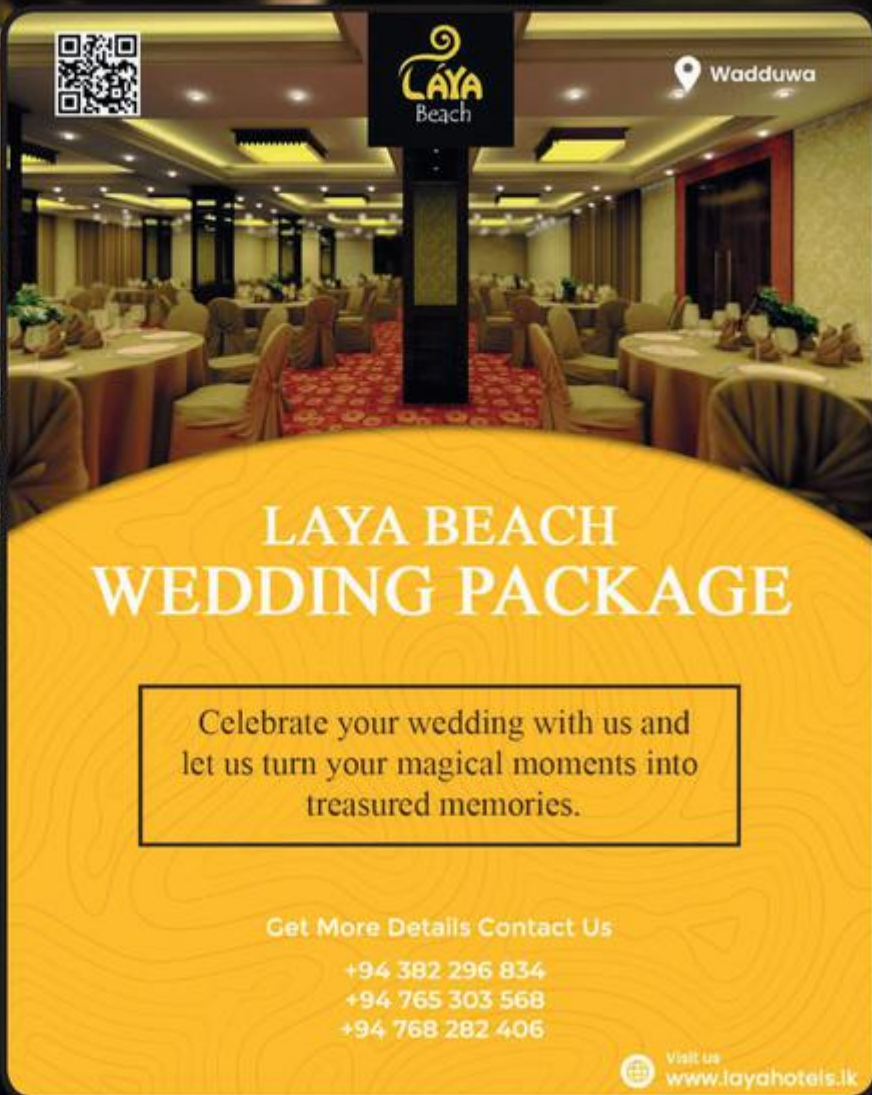
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Keido Kurberg



Wadduwa



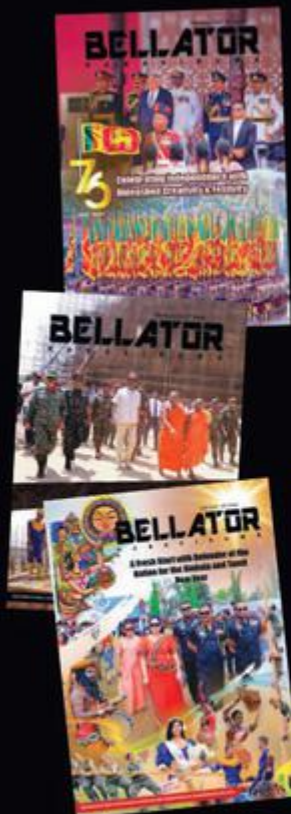
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Your thought-provoking insights enrich our understanding, offering invaluable
perspective. We reserve the right to accept or reject the letters, and to edit
for length, clarity or style. Before you write in, we encourage you to get the
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Your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

Service No:..... Rank:.....

Name:.....

Formation (where you work) :

Contact :

Country :

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

Charity Palmcard

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

1. New Shrine Room



12 Infantry Division vested a new shrine room at Udamulla Maha Vidyalya in Hambanthota on 23 May 2024.

2. Blood Donation



4 Armoured Regiment (4 SLAC) conducted a blood donation camp at Clappenburg on 18 May 2024.

3. Clear Fallen Tree in Veyangoda



Troops of the 6 Field Regiment of Sri Lanka Artillery cleared a fallen tree that had obstructed traffic along the Economic Center road, Veyangoda on 25 May 2024.

4. A Shramadana Campaign



Troops of 212 Infantry Brigade conducted a Shramadana campaign on 21 May 2024 to clean the jogging path around Nuwarawewa tank in Anuradhapura.

5. Cleaning Muthiyangana Viharaya



Troops of the 11 Infantry Division cleaned up the Ancient Raja Maha Vihara Temple from 14 to 18 May 2024.

6. School Items Distribution



Troops of 7 (V) Sri Lanka Armoured Corps (SLAC) distributed school items on 04 May 2024 at Madagama Primary School Kekirawa.

7. Cultivation of Paddy Field



The cultivation of a paddy field near Army Headquarters, covering 8.5 acres, took place on 08 May 2024.

8. National Level Swimming Training Programme



A National Level Swimming Training Programme took place from 3 to 6 May 2024 at the Velvettithurai Municipal Swimming Pool in the Point Pedro area.

9. A Cleaning Programme



Troops of Security Forces (Central) launched a cleaning campaign in Horton plains to remove invasive plants on 22 May 2024.

10. Support for Visually Impaired



11 Infantry Division prepared meals for 70 visually impaired individuals and providing lodging on 04 May 2024 during their special journey to Kandy and Mahiyangana.

11. A Personality Development Workshop



21 Infantry Division conducted a five-day personality development workshop for trainees of the National Apprentice & Industrial Training Authority (NAITA) for the year of 2024.

12. Medical Camp from 56 Infantry Division



56 Infantry Division conducted an Eye Clinic at Kanagarayankulam on 28 April 2024.



Athletic Meet – 2024 in China



Staff Sergeant Darshana S A of the Sri Lanka Artillery clinched first place in the 400m running event at the 2nd Belt & Road Athletic Invitation Meet held in China in 2024, clocking an impressive time of 45.48 seconds. This remarkable achievement has catapulted him to the 51st position on the Road to Paris Rankings, where only the top 48 athletes will qualify for the Olympics. The 2nd Belt & Road Athletic Invitation Meet kicked off on 25 May 2024.

National Novices Boxing Championship 2024

The National Novices Boxing Championship 2024 commenced at Royal College, Colombo indoor stadium from 12-16 May 2024. In a spectacular display of prowess, the Sri Lanka Army Boxing Team secured an impressive tally of 14 Gold, 07 Silver, and 06 Bronze medals during the event.





National Baseball Super League - 2024



The Sri Lanka Army Baseball Team triumphed over the Sri Lanka Navy Team by 4 to 3 points during the National Baseball Super League – 2024 on 11 May 2024 at the Diyagama Baseball ground. The Army team became undefeated champions and Staff Sergeant Kosala P M B I received the title of Best Player of the Tournament, while Corporal Sriyathna M N became the Best Batter. Senior Officers, Officers and Other Ranks witnessed the tournament. The tournament was held on 09 March 2024.

Sri Lanka Army Triumphs in T20 Cricket Match Against Uganda

The Sri Lanka Army Cricket team secured a victory in the first T20 cricket match against the Uganda National team on 07 May 2024 at the Army Ground, Panagoda. The Army team demonstrated exceptional performance by restricting the Uganda team to 111 runs, claiming all their wickets. In response, Army team scored 116 runs for the loss of 5 wickets, clinching a 5-wicket win.



Sri Lanka Army players scored number of victories at the Sepak Takraw Tournament organised by Sri Lanka National Sepak Takraw Organisation. The Sri Lanka Army women's team won the championship of the Sepak Takraw Double in Regu category while the Sri Lanka Army men's A and B teams won the championship.

Lance Corporal Gamapathirana S of Sri Lanka Army Women's Corps won the first place of Women's Solo category and Corporal Zoyza W D of Sri Lanka Army Service Corps won the second place of Solo segment under the Men's category. The reserve is supervised by Brigadier KAU Kodithuwakku RSP USP psc IG, the Chairperson of Sri Lanka Army Sepak Takraw Committee.

Army Players Scored Number of Victories from Sepak Takraw



SLAC Inter Regiment Elle Tournament – 2024



The final match of the SLAC Inter Regiment Elle Tournament – 2024, organised by the 7th (V) Regiment Sri Lanka Armoured Corps, took place at Vidyarthi College Thibbatuwewa in Kekirawa on 24 and 25 April 2024. After an intense competition, the 3rd Armoured Regiment marked a remarkable victory over the 1st Reconnaissance Regiment. The 5th Reconnaissance Regiment secured third place, while Recruit Lakshitha M S from the 3rd Armoured Regiment was honoured as the Best Elle Player of the tournament.

Colonel A H R Hasanatha RSP psc, the Commandant of the Sri Lanka Armoured Corps Training Centre, attended as the Chief Guest.

Army Athletes Dominate at Karate Championship



The Sri Lanka Karate-Do Federation organised a Karate Championship Tournament at the indoor stadium of Bandaragama from 27 to 29 April 2024. The Army players displayed exceptional prowess, clinching a total of 08 Gold Medals, 05 Silver Medals and 15 Bronze Medals across various categories. Under the guidance of Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the President of the Sri Lanka Army Karate Committee, Army players participated in the tournament.



Inter Battalion Kabaddi Tournament at 56 Infantry Division

56 Infantry Division organised a Kabaddi tournament for their under-command Brigades and Battalions on 14 May 2024 with full coordination of the 561 Infantry Brigade and 16 Sri Lanka Sinha Regiment at its playground. 16 Sri Lanka Sinha Regiment Kabaddi team and 11 Gemunu Watch Kabaddi team were selected for the finals, however after a close tussle 16 SLSR players won the 56 Infantry Division Inter Battalion Kabaddi Championship.

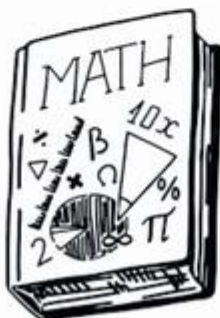


Major General S Kasturimudali RSP ndu psc, the General Officer Commanding of 56 Infantry Division witnessed the final match gracing the occasion and the awarding ceremony as the Chief Guest.

COMIC CORNER

Why did the math book look sad?

Because it had too many problems.



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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Unparalleled Pride Beyond Compare across the Globe

Warrant Officer II K A Samitha Dulan of Sri Lanka Corps of Military Police achieved a World Record in the Para Javelin Throw under F - 44 category (Distance - 66.49m) in the Kobe 2024 Para Athletics World Championship - Japan.

During the event, he won the Silver Medal in the Para Javelin Throw event (F-44/F-64), while keeping a World Record in his category (F-44).

Men's Javelin Throw F64
KODITHUWA.
WR
66.49m
Rk. 2
Act. 1





15th Victory Day

The soldiers who went to battle had sworn two solemn oaths. The first was to save their country from the scourge of terrorism; the second, to return home once the war was over. While they accomplished the first pledge, many were unable to fulfill the second. Numerous brave souls now rest beneath the soil. Let us not forget to honour the Fallen Heroes on this day. They bequeathed to us not only a free nation but also a secured future.

