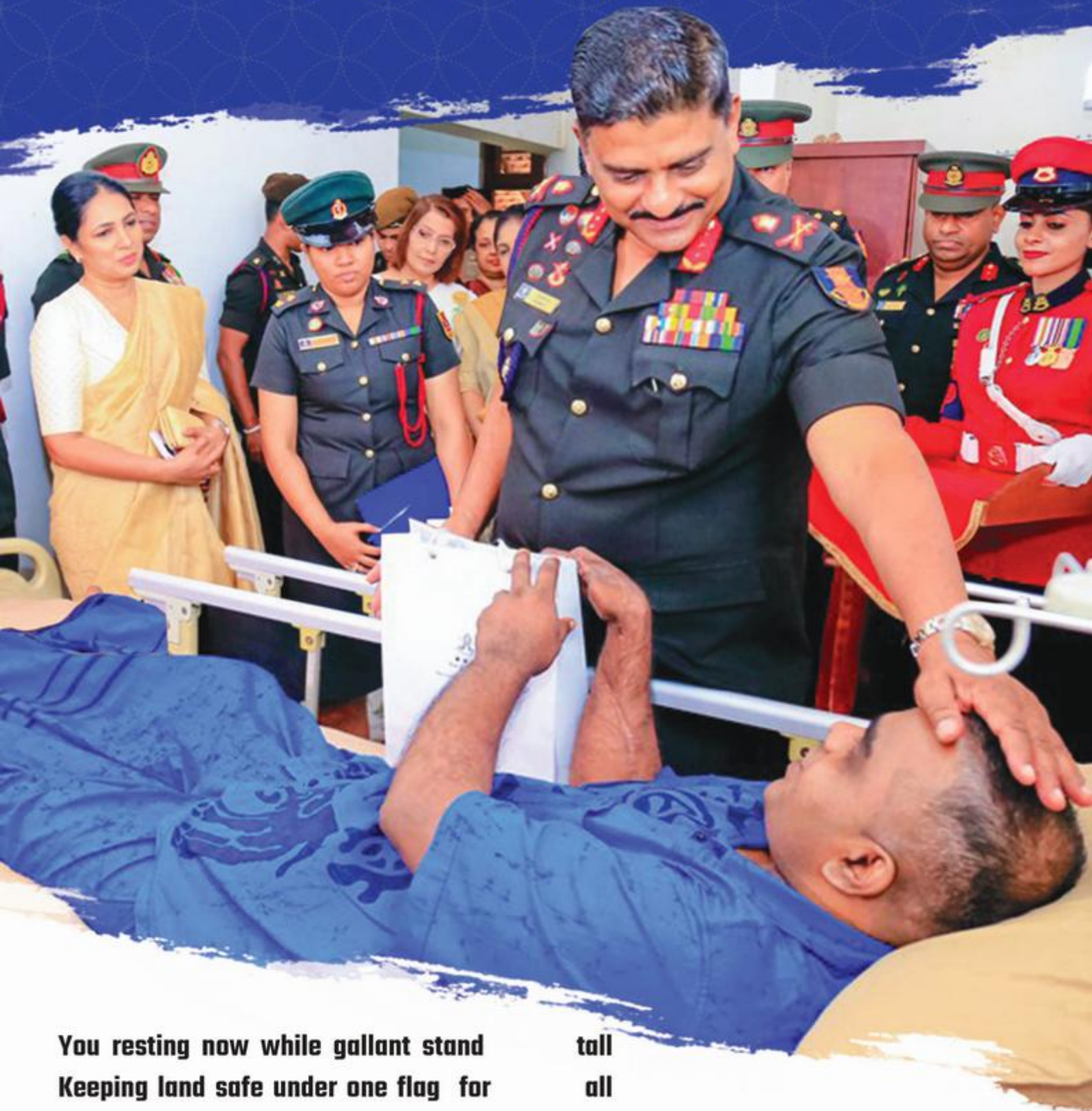




JANUARY 2025 45th Issue

BELLATOR

R A N A V I R U W A



You resting now while gallant stand tall
Keeping land safe under one flag for all
Wishing you the recovery to shine inspiring all
We stand beside you with heartfelt wishes of all

Courtesy Calls of the Commander of the Army

The Prime Minister



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army, paid a formal courtesy call on the Prime Minister of Sri Lanka, Honourable Dr. Harini Amarasuriya, at her office in Colombo on 16th January 2025. During the discussion, the Prime Minister congratulated the Commander of the Army on his new appointment and extended her best wishes for his future endeavours. The Commander of the Army also expressed the dedicative cooperation to safeguard the National Security reaffirming the Army's steadfast support for the government.

As a gesture of goodwill, the Commander of the Army presented a memento to the Prime Minister during the cordial meeting.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army paid a courtesy call on Major General K P A Jayasekara (Retd) WWV RSP VSV USP ndc psc the Deputy Minister of Defence on 02nd January 2025 at his office.

During the meeting, the Deputy Minister congratulated the Commander of the Army on his new appointment and engaged in discussions on matters of mutual interest, focusing on national security, defence cooperation and the future development of the Sri Lanka Army. Further both parties emphasised the importance of strengthening inter-agency collaboration and enhancing operational readiness to address emerging security challenges effectively.

The Deputy Minister of Defence



The Secretary of Defence

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army paid a courtesy call on Air Vice Marshal Sampath Thuyacontha (Retd) WWV, RWP and two Bars, RSP and Bar, USP, MMSc (Strat Stu- China), MSc (Def Stu) in Mgt, MSc (Def & Strat Stu), fndu (China), psc the Secretary to the Ministry of Defence at the Ministry of Defence on 08th January 2025.





Deputy Minister of Defence Visits Army Hospital

Major General K P Aruna Jayasekera (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence visited Sri Lanka Army Hospital Narahenpita on 16th January 2025. The Deputy Minister of Defence was warmly welcomed to the premises by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army and Staff of the Sri Lanka Army Hospital Narahenpita. Deputy Minister of Defence inspected the wards of the hospital during his visit and took part in the briefing conducted by the Director of the Sri Lanka Army Hospital Narahenpita.

While expressing his appreciation for the valuable services provided by the hospital, he emphasised that the current era necessitates a new and noble political culture where corruption in any form is unequivocally unacceptable and intolerable. He stressed that upholding the rule of law is paramount for the nation's recovery from the socio-economic crisis, which has an adverse impact on citizens' lives. He further emphasised that the government's 'Clean Sri Lanka' programme is a testamentary genuine move to this commitment. Before the departure, Deputy Minister of Defence met and shared his views with the residential patients, members of staff and visitors.





Army Headquarters Marks the First Working Day

Troops at the Army Headquarters in Sri Jayawardenepura welcomed the first working day of the New Year 2025 with a simple yet meaningful ceremony with the gracious participation of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army. The Commander along with Major General W P A D W Nanayakkara RSP VSV USP ndu Chief of Staff, hoisted the National flag and the Army flag.

The ceremony included the recital of the National Anthem and the Army Song, followed by a two-minute silence to honour Fallen War Heroes. Major General K A W N H Bandaranayake USP the Adjutant General read the State Allegiance Oath.

In his New Year address, the Commander of the Army recalled the dedicative sacrifice of War Heroes, emphasising the importance of discipline, integrity and modernisation in the Army and wished for continued national progress. The Commander of the Army also emphasised the need to fully support the 'Clean Sri Lanka' initiative which is a national plan for a total positive change in social attitudes, discipline and productivity.

The formalities concluded with an All-Ranks tea providing an opportunity for the Commander to interact with the troops. Prior to commencing duties, the Commander along with Mrs. Swendrini Rodrigo, President of the Army Seva Vanitha Unit (ASVU) took part in religious observances led by Venerable Dr. Kirinde Assaji Nayaka Thero, Chief Incumbent of the Gangaramaya Temple.



Commander of the Army Visits 'Mihindu Seth Medura'

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG Commander of the Army, together with Mrs. Swendrini Rodrigo, the President of the Army Seva Vanitha Unit (ASVU), visited War Heroes at Mihindu Seth Medura, Aththidiya on 07th January 2025 after assuming duties as the 25th Commander of the Sri Lanka Army.

At the outset, the Commander of the Army and the President of the ASVU, inquired about the well-being of its resident War Heroes, Officers in the Staff and Other Ranks. During the visit, a special artwork created by Sergeant Galagedara H M WB RSP of the Vijayabahu Infantry Regiment was presented to the Commander of the Army.





Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the newly appointed Commander of the Army visited 'Sri Dalada Maligawa (the Temple of the Sacred Tooth Relic)' in Kandy on 04th January

Commander of the Army Paid Homage to Sri Dalada Maligawa & Malwatte Prelates

2025 after assuming the duties. Mr. Nilanga Dela Bandara, the Diyawadana Nilame (Chief Custodian of Sri Dalada Maligawa), greeted the Commander of the Army with a tray of jasmine flowers and presented a special memento to mark the occasion. In turn, the Commander of the Army reciprocated the gesture. Following this, the Commander of the Army, accompanied by Sri Dalada Maligawa officials, paid his respects at the sacred site. After a few minutes, in conformity with age-old traditions, he visited the Malwatte Monastery and met the Most Venerable Tibbotuwawe Sri Sumangala Maha Nayake Thero, the Chief Prelate of the Malwatte Chapter. During the interaction, the Malwatte Prelate invoked blessings upon the Commander of the Army and exchanged thoughtful words with him.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, together with Mrs. Swendrine Rodrigo, President of the Army Seva Vanitha Unit (ASVU), paid a courtesy visit to the Asgiriya Monastery on 14th January 2025 and received blessings from the Most Venerable Warakagoda Sri Gnanarathana Mahanayake Thero, the Most Venerable Mahanayaka Thero of the Asgiriya chapter of Siam Nikaya.



Commander of the Army Honoured in his Hometown



A grand felicitation ceremony for Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the 25th Commander of the Sri Lanka Army, was held on 12th January 2025 at the St. Joseph's Church Pamunugama. Mrs. Swendrini Rodrigo, President of the Army Seva Vanitha Unit (ASVU) also took part in the religious occasion.

The ceremony commenced with a Holy Mass and a formal felicitation programme. The Chief Guest was warmly welcomed by Auxiliary Bishop J D Anthony, Secretary of the Bishop Council of Sri Lanka, along with other distinguished clergy. The event began with a welcome address by the Parish Priest, Reverend Father Amil Gomez and followed by the lighting of the traditional oil lamp. The Holy Mass was conducted by Reverend Father Rohitha Rodrigo, Army Commander's brother, along with other priests, blessing the Commander of the Army.

The Commander of the Army, then in his address, expressed his deep gratitude for the honour bestowed upon him in his hometown. He fondly recalled his childhood in the village, highlighting the role of his family, Gonsalvez College - Pamunugama and the church in shaping his values and achievements. He also paid tribute to the Fallen War Heroes who made the ultimate sacrifice for the nation's peace.

The Clergy, Senior Officers of the Tri-Forces and Police, Mrs. Samitha de Silva, Principal of Gonsalvez College - Pamunugama, Government Officials, Members of the Past Pupils' Association of Gonsalvez College, and Residents of the area participated in the event.





Commander of the Army Attends Special Thai Pongal Pooja



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG Commander of the Army together with Mrs. Swendrini Rodrigo, President of the Army Seva Vanitha Unit (ASVU), attended a Special Thai Pongal Pooja held on 14th January 2025 at Mayurapathy Sri Bathrakali Amman Kovil, Colombo 06 in line with the Thai Pongal Day.



A group of Hindu Priests including Chief Kurukkal Sivasri Ragavan Kurukkal conducted the traditional pongal pooja and later the Commander of the Army attended the event of the traditional making of the pongal rice at the premises. The Special Thai Pongal Pooja organised by the Sri Lanka Army Hindu Association on this special day was conducted in the inner chamber of the Kovil amidst religious rites.

Commander of the Army Visits the Gangaramaya Temple



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army, along with Mrs. Swendrini Rodrigo, President of the Army Seva Vanitha Unit (ASVU), received blessings from the Most Venerable Dr. Kirinde Assaji Nayaka Thero, the Chief Incumbent of the Gangaramaya Temple on 19th January 2025 during the visit to the temple after assuming the duties.

During the cordial meeting, the Most Venerable Nayaka Thero invoked blessings upon the Commander of the Army, wishing him strength, wisdom, and discernment to lead the Army with honour and dedication.

Archbishop of Colombo Blesses Newly Appointed Commander of the Army

The newly appointed Commander of the Army, Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG received blessings from His Eminence Cardinal, Most Reverend Dr. Malcolm Ranjith, Archbishop of Colombo, during a visit to the Archbishop's House in Colombo on 11th January 2025. Mrs. Swendrini Rodrigo, President of the Army Seva Vanitha Unit (ASVU) also joined the occasion.



SLSR Commemorates Fallen War Heroes in its Annual Ceremony

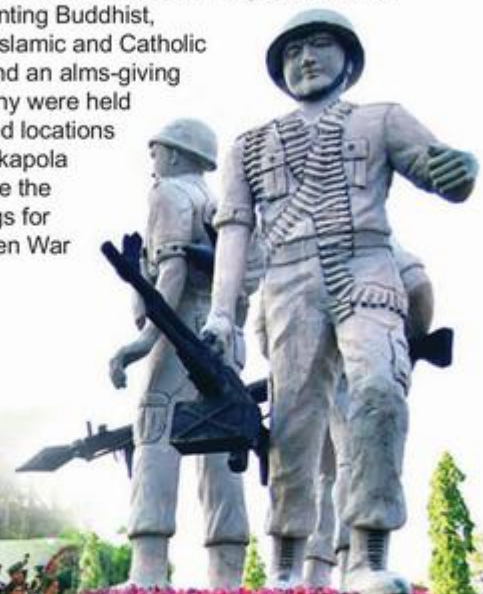


The Sri Lanka Sinha Regiment (SLSR) held its Annual Commemoration Ceremony on 28th and 29th December 2024 to commemorate Fallen War Heroes with special recognition given to their families.

Major General W P A D W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Sri Lanka Army and Colonel of the Regiment SLSR, graced the event as the Chief Guest. During the occasion, floral tributes were paid at the SLSR

War Memorial to commemorate the War Heroes.

In line with the same event, religious services representing Buddhist, Hindu, Islamic and Catholic faiths and an alms-giving ceremony were held at sacred locations in Warakapola to invoke the blessings for the Fallen War Heroes.



Commander of the Army Congratulates Newly Promoted Major Generals



The recently promoted Major Generals of the Sri Lanka Army paid a courtesy call on the Commander of the Army, Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG on 27th January 2025.

The list of newly promoted Senior Officers included Major General A M C P Wijayaratne RWP RSP nps psc, Major General W W M P W W B R Palamakumbura RWP RSP, Major General A H A D Ariyasena RWP RSP USP psc ptsc, Major General P S Subath Sanjeewa RSP nps psc, Major General M J R S Medagoda RSP USP ndc psc IG, Major General M N Fernando RSP, Major General H D L S Perera RWP RSP ndc, Major General H P I Perera RWP RSP, Major General M W A R C Wijesuriya RSP USP ndc, Major General L C K Pathirana RSP Hdmc IG, Major General K M N Kulasekara RWP RSP psc, Major General M K L A De Silva RSP USP nps psc, Major General T N Majeed RSP USP ndc lsc, Major General T C M G S T Cooray RWP RSP USP ndc psc, Major General W A U S Wanasekara RWP USP, Major General W M S N Wijekoon ndc AATO, and Major General C Kalutharaarachchi.

Commander of the Army Inducted into DSCSC Wall of Fame

The Defence Services Command and Staff College (DSCSC) held a historic ceremony to place a photo of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, into its prestigious "Wall of Fame" at the DSCSC premises.

The Commander of the Army who graced the occasion at the invitation of Major General H H K S S Hewage RWP RSP USP rcds psc, Commandant of the DSCSC, was warmly welcomed according a Guard Turnout by Tri-services troops.



Subsequently, he also addressed the Officers attending the DSCSC Course No. 19. The audience comprised 125 local Officers and 26 foreign Officers from friendly foreign nations. The Commander of the Army shared his invaluable experiences and insights, inspiring the participants and emphasising the significance of professional military education.



Commander, Security Forces (Jaffna) Visits 55 Infantry Division

Major General Y A B M Yahampath RWP RSP ndu psc, the newly appointed Commander, Security Forces (Jaffna), conducted his inaugural official visit to the 55 Infantry Division on 03rd January 2025. The newly appointed Commander, Security Forces (Jaffna) was warmly welcomed to the premises by Major General B G S Fernando USP Hdmc psc, General Officer Commanding, 55 Infantry Division. During the visit, the Commander, Security Forces (Jaffna) addressed the troops and engaged in an inspection of 551 Infantry Brigade area, including the War Hero's Memorial and CIMIC Park in Kilinochchi.

During the visit, the Senior Officer handed over keys to a newly-constructed house in Pallikuda, Pooneryn, to a deserving family as part of the ongoing housing project which was initiated by the Security Forces (Jaffna). The house was built by the 22nd Battalion of the Vijayabahu Infantry Regiment under the supervision of the Commander, 552 Infantry Brigade and the direction of the GOC, 55 Infantry Division.



Classical Music Therapy Session at SLAVF

A unique initiative to enhance social well-being among serving members was held under the guidance of Major General A H L G Amarapala RWP RSP ndc psc Commandant (Overlooking) of the Sri Lanka Army Volunteer Force (SLAVF) on 21st January at the Rendezvous Ground pavilion in line with the government policy "Clean Sri Lanka".

The programme organised for All Ranks of the Sri Lanka Army offered them a unique platform to help them cope with personal and shared losses while providing an opportunity for reflection and renewal. The session was led by Dr. Wasantha Priyadarshana, an expert in Buddhist Psychotherapy and a lecturer at the Postgraduate Institute of Pali and Buddhist Studies, University of Kelaniya.



Officers of SLAVF Honoured with Financial Grants



Major General A H L G Amarapala RWP RSP ndc psc, the Commander of the Security Forces (West) and Commandant (Overlooking) of the Sri Lanka Army Volunteer Force (SLAVF), awarded financial grants for the Officers of Sri Lanka Army Volunteer Force qualified to undertake Passed Staff College (psc) qualification, which follows the Defense Services Command and Staff College (DSCSC), and the Logistics Staff Course (Lsc) on 10th January 2025 at the SLAVF Headquarters.



Accordingly, a total of 11 Officers received grants of Rs. 50,000 each, designed to support their academic pursuits and empower them to achieve their career aspirations.

New House Vested for a Needy Family in Walikamam, Jaffna

The newly constructed house to a needy family by the troops of 1st Battalion of Sri Lanka Sinha Regiment under the directions and supervision of General Officer Commanding 52 Infantry Division was handed over to the beneficiary by Major General Y A B M Yahampath RWP RSP ndu psc, Commander of the Security Forces (Jaffna), on 06th January 2025. Troops of 1 Sri Lanka Sinha Regiment extended the much required manpower and technical expertise while Wanni Aid Canada, extended much required financial generosity for the project with the coordination of Major General Ravi Rathnasingham (Retd) and Mr. Junesh and Mr. Sami Sinnayiya.



School Supplies and Scholarship Awarding Programme in Mullaitivu



59 Infantry Division in collaboration with the Sri Lanka Nippon Educational and Cultural Center (SLNEC) organised a programme to award scholarships and distribute essential school supplies at 6th Battalion Sri Lanka National Guard Headquarters on 12th January 2025.

Major General J P C Peiris RWP RSP ndc, Commander Security Forces (Wanni), graced the occasion as the Chief Guest and Venerable Meegahathenne Chandrasiri Thero also joined the event. Under the guidance of General Officer Commanding 59 Infantry Division, Commander 593 Infantry Brigade and Major K N C De Silva, Commanding Officer of the 6th Battalion Sri Lanka National Guard, supervised the project.



During the occasion, 40 students from Mullaitivu, recognising their exceptional academic performances, were awarded monthly scholarships and stationery items sufficient for the school year 2025, along with vouchers for school shoes. This initiative aimed to support these students in pursuing their educational aspirations alleviating some of the financial burdens faced by their families.

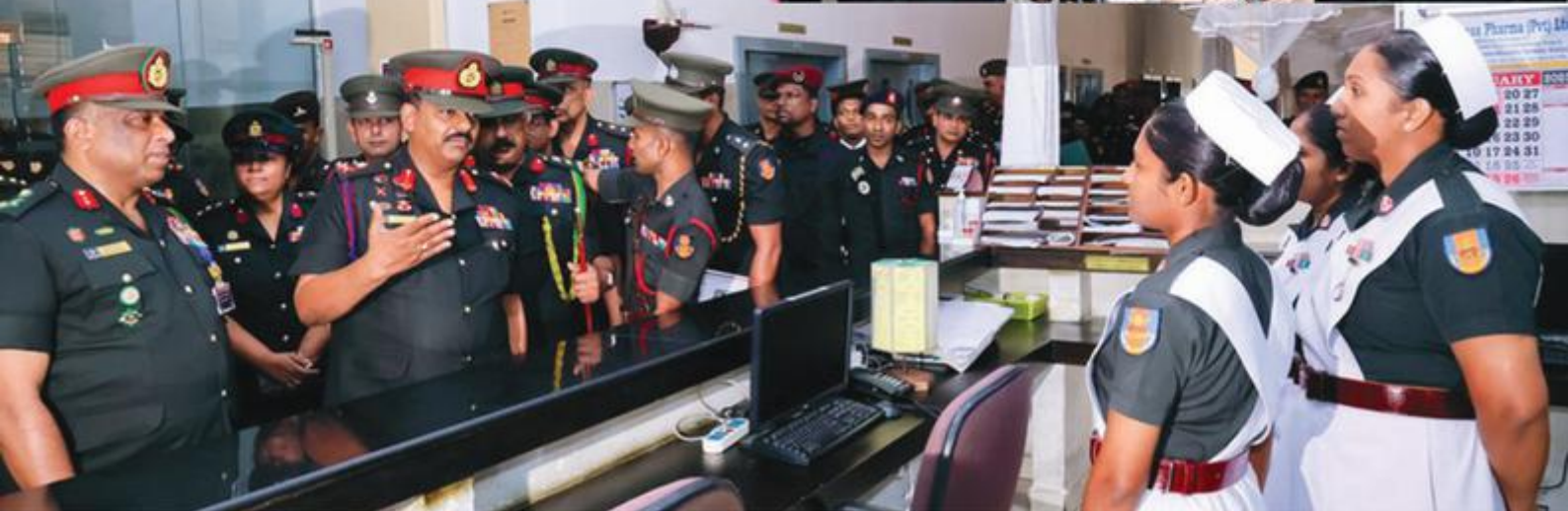
Commander of the Army Hands Over the Role of Colonel Commandant of Sri Lanka Artillery

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, soon after assuming duties as the Commander of the Army, officially handed over his responsibilities as the Colonel Commandant to his successor, Major General K V N P Premaratne RSP USP psc, the Commander of Security Forces (East) on 02nd January 2025 at the Army Headquarters. Symbolising the special occasion, the Commander of the Army presented a replica of the baton to the new Colonel Commandant of Sri Lanka Artillery.



Commander of the Army Visits Army Hospital, Colombo

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG Commander of the Army, paid an official visit to the Army Hospital, Colombo on 10th January 2025.



The Commander of the Army was warmly welcomed to the premises by Brigadier W H U D Wijeratne, Officiating Director General of Army Health Services (DGAHS), together with Brigadier R M J B Ratnayake RSP, Director of the Directorate of Management & Maintenance of the Army Hospital, Brigadier R M M Monaragala USP, Director of the Army Hospital - Colombo and other Senior Officers.

During the visit, he addressed the Senior Officers of the hospital, discussing its activities and future development plans and highlighted the importance of providing comprehensive medical facilities for War Heroes, both serving and retired, as well as their family members, ensuring they receive the highest standard of care. Emphasising the significance of teamwork and efficiency in delivering quality healthcare services, he praised the hospital staff for their dedication and professionalism, assuring them of his continued support to enhance the hospital's facilities.

Following his address, the Commander of the Army inspected the hospital premises, including Wards 05, 09, 14, 15, 17, Outpatient Department (OPD), Dispensary, Hospital Ration Stores, Cafeteria, Laundry and Local Purchase Section. Also, he inspected the 15-storied building, under the construction process, which is intended to extend facilities for the hospital and the bio-medical workshop. Afterwards, the Commander of the Army attended a tea arrangement where he interacted with All Ranks of the hospital.



Security Forces (East) Distributes Educational Supplies among Students



School accessories distribution programme to provide an aid to deserving students at Siripura Mahinda Primary School and Pallegama Primary School serving at Security Forces (East) area was held on 05th January 2025 at Siripura Mahinda Primary School. Accordingly, 349 students benefited from the programme. Sarana foundation and Damrivi Foundation of Colombo extended much required financial generosity. Civil Coordinating Office of the Security Forces (East) coordinated the philanthropists to the project. During the event, cultural dances performed by the students of the schools coloured the event. Major General K V N P Premaratne RSP USP psc Commander, Security Forces (East) graced the event as the Chief Guest.

Colonel M G G W R Gamage Civil Coordinating Officer, Security Forces (East) organised the event and troops extended their assistance for the success of the event under the supervision of Commanding Officer, 3 (V) Vijayabahu Infantry Regiment and 3 (V) Sri Lanka Army Women's Corps.

Buddha Pooja and Sermon at the Security Force Headquarters (East)



A series of religious programmes were organised in line with the Duruthu Full Moon Poya Day at the Security Force Headquarters (East) with the participation of Commander, Security Forces (East) and All Ranks. Venerable Nuwandeniyie Sagnalankara Thero was invited to the camp premises and conducted the Bodi Pooja Pinkama. The purpose of the Pooja was to pay tribute to War Heroes who had made the ultimate sacrifice, to wish a speedy recovery to those injured during war and to seek blessings for all personnel serving at the Security Force Headquarters (East) and their family members.

Duruthu Full Moon Poya Day is celebrated religiously marking the Gautama Buddha's first visit to Sri Lanka.





Commander of the Army Visits Army Base Hospital, Kandy



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, paid a courtesy visit to the Army Base Hospital in Kandy on 14th January 2025 to review its operational aspects and receive updates on its current functionality. The Commander of the Army was warmly welcomed by Brigadier W W M P W W B R Palamakumbura RWP RSP, the Director of the Army Base Hospital, Kandy upon the arrival. Later, the Commander of the Army toured the new hospital complex, inspecting its operational areas and assessing possibilities for ensuring its optimal maintenance.



The hospital currently offers a range of services, including OPD facilities, prosthetic and orthotic services for individuals with disabilities, clinical services for various diseases, dental care, a fully equipped operating theatre with modern medical equipment, and pharmaceutical facilities. These services cater to serving Army personnel, ex-service members, and their families. The General Officer Commanding of the 11 Infantry Division, Senior Officers and Officers participated in the visit.



Annual Christmas Carols Service in Kilinochchi

The troops of the 55 Infantry Division held Annual Christmas Carols Service at the Nelum Piyasa Theater in Kilinochchi on 26th December 2024 under the guidance of Major General Y A B M Yahampath RWP RSP ndu psc, Commander of Security Forces (Jaffna), and supervision of Major General B G S Fernando USP Hdmc psc the General Officer Commanding of 55 Infantry Division.

Rt. Rev. Dr. Justin Bernard Gnanapragasam, Bishop of Jaffna, graced the occasion as the Chief Guest, while Honourable Nagalingam Vethanayahan, Governor of the Northern Province, participated in the event as the Guest of Honour. The event featured a blend of carols performed by local church teams, vibrant dances, and live music.

Children were delighted with gifts, sweets, and toys sponsored by philanthropists and well-wishers. Clergy, Senior Officers from the Army, Air Force, and Police, Government Officials and Civilians, also joined the celebration.



New Accommodation for the Other Ranks



In line with the 13th Anniversary of the Sri Lanka Army Corps of Agriculture and Livestock (SLACAL), the newly constructed accommodation facility for the Other Ranks was declared open on 01st January 2025 by Brigadier B N Madanayake RWP RSP Director, Directorate of SLACAL.

Delegation Visits

Assistant Defence Adviser of the High Commission of India



Lieutenant Colonel Mandeep Singh Negi, SM, the Assistant Defence Adviser of the High Commission of India to Sri Lanka, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the Commander of the Army, on 16th January 2025. During the cordial meeting, the two dignitaries discussed the significance of strengthening bilateral relations and advancing military diplomacy to further enhance the bond between the two nations.

Myanmar Defence Attaché



Brigadier General Zaw Moe Lwin, Defence Attaché of the Embassy of Myanmar in New Delhi accredited to Sri Lanka, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, on 28th January 2025 at the Army Headquarters. During the interactive discussion with the Commander of the Army, the Defence Attaché admired the contributions made by the Army islandwide for the benefit of the nation. The Commander of the Army highlighted the importance of further strengthening the collaboration in the future while recalling the longstanding relationship between the two nations. The meeting concluded with an exchange of mementoes.

Russian Military Delegation



Major General Alexander Ivanovich Zinchenko, Deputy Chief of the Main Directorate for International Military Cooperation of the Ministry of Defence of the Russian Federation, along with his delegation, met Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at the Army Headquarters on 27th January 2025.

During the interactive discussion, the Army Chief shared insightful thoughts with the delegation, acknowledging the long-standing bonds of goodwill, cooperation, and understanding between the Armed Forces of their respective countries. At the conclusion of the cordial meeting, an exchange of mementos took place as a token of goodwill from the Sri Lanka Army, and the gesture was reciprocated.

The Corps of Engineer Services Celebrates 75th Anniversary



The 75th Anniversary of the Corps of Engineer Services (CES) was celebrated in a grand ceremony at the CES Regimental Headquarters in Panagoda Cantonment on 10 January 2025 with the gracious participation of Major General K A N Rasika Kumara ndc psc, the Colonel Commandant of the CES and General Officer Commanding of 22 Infantry Division.

The event commenced with a warm welcome extended to the Colonel Commandant by Brigadier N W P S M Perera, the Centre Commandant of CES, and then he was honoured with a guard turnout. Then, a floral tribute was paid to the Fallen War Heroes. Following the tribute, the Colonel Commandant took part in the tea party which was hosted at the Officers' Mess, Warrant officers' and Sergeants' Mess and All Ranks' Mess.

Addressing the Officers, the Colonel Commandant expressed his deep appreciation for the hard work and dedication of Officers in the CES. He emphasised the Corps' vital role in supporting the Sri Lanka Army's operations, highlighting the continued importance of engineering expertise in national defense. Later, the Colonel Commandant joined the All Ranks lunch. Former Colonel Commandants, Centre Commandants, Brigadier Y K S Rangika psc ptsc, the Director Engineer Services, Senior Officers, Officers and Other Ranks took part in the Anniversary celebration programme.

Three-Day Photography Workshop at 61 Infantry Division



A three-day workshop on photography using mobile phones was conducted from 21st to 23rd January 2025 at the 61 Infantry Division Headquarter under the leadership of, Major General K T P De Silva RSP ndu psc, the General Officer Commanding 61 Infantry Division. The workshop aimed to promote photography as a medium to highlight the unparalleled activities of Army personnel, while fostering creativity, self-expression, and skill development among participants.



Renowned photographers Mr. Priyantha Abeysundara B.Fa NPAS, Hon FNPAS, and Mr. Suresh S Weerasinghe ANPAS of the "Roopa Chiraka" Forum, who are widely recognised for their expertise and contributions to the art of photography conducted the workshop. 70 Other Ranks from undercommand Battalions and Brigade Headquarters were benefited from the workshop. During the workshop, participants were introduced to the basics of photography, advanced techniques, practical applications and methods for adjusting lighting and colour. Practical sessions enabled participants to implement these concepts in real time under the expert guidance of the trainers. The five best photographs captured during the workshop were awarded special certificates, while all other participants received certificates of participation.

Sri Lanka Army's 11th SRIMED Contingent Ready to Depart for UN Peacekeeping Mission in South Sudan



The 11th Contingent of the Sri Lanka Army Medical Corps (SLAMC), set to operate the Level - 2 SRIMED Hospital under the United Nations Peacekeeping Mission in South Sudan (UNMISS), received a ceremonial send-off at the SLAMC Regimental Headquarters, Werahera, on 31st January 2025.

The Contingent presented a ceremonial salute to Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, before their departure. Major General D K S K Dolage USP nps psc, Commander, Security Forces (Central) and Colonel Commandant, SLAMC, welcomed the Commander of the Army who was honoured with a guard turnout at the entrance before reviewing the parade.

During the formal proceedings, the Commander of the Army symbolically handed over the National Flag, UN Flag, Army Flag, and SLAMC Flag to the SRIMED-bound Contingent Commander, signifying their readiness for the mission. The 11th Contingent was commanded by Lieutenant Colonel R M D B Rajapaksha USP, with Lieutenant Colonel K D P de A Wijesinghe SLAMC as Second-in-Command, and consisted of 64 Army personnel, including 18 Army Officers, 02 Naval Officers and 46 Other Ranks.

The event was attended by Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, Deputy Chief of Staff and Colonel of the Gajaba Regiment along with Senior Officers, Officers and Other Ranks.



Major General A H L G Amarapala RWP RSP ndc psc, the Commandant (Overlooking) Sri Lanka Army Volunteer Force and the Commander Security Forces (West), vested a newly constructed house for Miss. M Nilusha Kumari in Walgama, Bandaragama on 22nd January 2025.

Troops of 1st Battalion Sri Lanka Army Pioneer Corps constructed the new house under the fullest supervision of General Officer Commanding 14 Infantry Division and the Commander 612 Infantry Brigade. The National Housing Development Authority, the Department of Samudhi Development through the Divisional Secretariat in Bandaragama, the 1st Battalion Sri Lanka Army Pioneer Corps and local donors extended much-required financial and material contributions. The ceremony was attended by Major General K J N M P K Nawarathne RWP RSP ndu the General Officer Commanding of 14 Infantry Division, Divisional Secretary (Assistant Government Agent) of Bandaragama and Major A M A P Abeysinghe USP the Commanding Officer 1st Battalion Sri Lanka Army Pioneer Corps.

New House for a Deserving Family



Today, the Sri Lanka Corps of Agriculture and Livestock, comprising of War Heroes who have been the backbone of the nation's agricultural economy, stands at the forefront of sustainable agro-production, making a remarkable contribution to both the Sri Lanka Army and the nation.

4th Anniversary Celebration of the Sri Lanka Corps of Agriculture and Livestock

The 4th Anniversary of the Sri Lanka Army Corps of Agriculture and Livestock (SLACAL) was celebrated at the Regimental Centre Karadeniya on 04th January 2025. In conjunction with the anniversary, a gorgeous procession with cultural elements, was held amidst colourful lights with an all-night Pirith chanting to bless all Officers and Other Ranks on 02nd January 2025. The following day, a Heel Dana (morning alms) were offered to the Maha Sangha.



Marking the commencement of the 4th Regimental day celebration, Major General U K D D P Udugama RWP RSP USP ndc psc, the Director General General Staff and the Colonel Commandant of the Sri Lanka Army Corps of Agriculture and Livestock was presented with a guard turnout at the main entrance of the Regimental Centre followed by a ceremonial parade at the Regimental Centre Parade Ground. Moreover, the Colonel Commandant challenging trophies were awarded to the best performing drill teams in the Inter-Battalion Drill Competition. Later, all the Officers and Other Ranks took part in the All Ranks lunch and in the evening, a musical show was held to provide entertainment to All Ranks of SLACAL.



Sri Lanka Artillery Honours the Commander of the Army

The Regiment of Sri Lanka Artillery hosted a grand felicitation parade on 17th January 2025 to honour Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG the newly appointed 25th Commander of the Army. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG is the fourth Commander of the Army to have emerged from the Regiment of Sri Lanka Artillery.

The Commander of the Army was warmly received by Major General B G S Fernando USP Hdmc psc, General Officer Commanding of the 55 Infantry Division upon his arrival at the Regimental Headquarters. He then paid tribute to the Fallen War Heroes laying a floral wreath at the Regimental Monument.

Following this, the Commander of the Army was accorded a guard turnout by the troops of the Regiment of Sri Lanka Artillery, followed by a ceremonial Regimental Parade at the parade ground of the 6th Regiment, Sri Lanka Artillery. The Regimental Parade was commanded by Major General K A U Kodituwakku RSP USP psc IG General Officer Commanding of the 11 Infantry Division. Taking part in the All-Ranks tea session, the Commander of the Army interacted with the Artillery troops, sharing his thoughts and experiences.

General C S Weerasooriya (Retd) RWP RSP VSV USP ndu IG, a former Commander of the Army, Major General K V N P Premaratne RSP USP psc Adjutant General and Colonel Commandant of the Sri Lanka Artillery, retired Senior Officers and Senior Officers along with their spouses, Officers and Other Ranks participated in the event.



Commander, Air Mobile Brigade Visits Air Mobile Brigade School



Newly appointed Commander, Air Mobile Brigade Brigadier Y M S C B Jayathilaka RSP USP made a visit to the Air Mobile Brigade School on 26th December 2024. The Commander, Air Mobile Brigade was warmly welcomed to the premises by Deputy Commander, Air Mobile Brigade according him a Guard Turnout following the military formalities. After reviewing the demonstration of the Training School, the Commander, Air Mobile Brigade shared his views with the participants expressing gratitude for the staff for their dedicative service at the school.

Lunch Treat for Senior Citizens



Celebrating the dawn of the new year 2025, Officers and Other Ranks of the Army Camp, Sandunpura provided lunch treat for 14 senior citizens at Sarana Elders' Home, Uththalapura on 01st January 2025. The community programme was launched under the conceptual notion of Major D A N C Rupasinghe RSP Commanding Officer of 3 (V) Vijayabahu Infantry Regiment. In addition to the lunch, gift parcels were also awarded to the senior citizens at Sarana Elders' Home. Apart from the main event, an alms giving was also held for the 10 Venerable Monks at Muruthgaspitiya Temple.

General Officer Commanding of 61 Infantry Division Inspects 573 Infantry Brigade



Major General K T P De Silva RSP ndu psc, the General Officer Commanding (GOC) 61 Infantry Division, along with Senior Officers, conducted an inspection visit to the 573 Infantry Brigade Headquarters located at Pitigala Camp on 06th January 2025. The GOC was warmly welcomed by Colonel S W P M H R Senadheera RWP USP psc the Brigade Commander, presenting a guard turnout. During the visit, the Brigade Commander briefed the GOC on the progress achieved since the establishment of the 573 Infantry Brigade on 25th July 2024. The GOC concluded his visit after inspecting newly constructed facilities.

Security Force Headquarters (Wanni) Hosts an Educative Lecture



An educative lecture on the 'Rehabilitation and Reintegration of a Person in Prison' was conducted on 24th December 2024 at the Headquarters auditorium under the guidance of Major General J P C Peiris RWP RSP ndc, Commander Security Forces (Wanni). Assistant Superintendent of Prison, Mr. Mohan Karunarathne, Chief of Anuradhapura Prison, conducted the session which included duties and responsibilities of the Department of Prison, classification of the prisoners, daily routine of sentenced prisoners and their rights, relaxing the prison period and release. 26 Officers with 380 Other Ranks serving at Security Forces (Wanni) attended the lecture.

Educational Session on Women's Rights



The Security Force Headquarters (Wanni) organised an educational lecture on women's rights on 15th January 2025 at the Headquarters auditorium. The event was conducted under the guidance of Major General J P C Peiris RWP RSP ndc Commander, Security Forces (Wanni), and the supervision of Brigadier K M V Kodituwakku in collaboration with the Directorate of Legal Services, Human Rights, and Humanitarian Law.

Sergeant Shriyani Chandralatha, Officer-in-Charge of Children and Women at the Irattaperiyakulam Police Station conducted the session. Further, she addressed crucial topics such as the prevention of workplace violence against women, gender equality, and the elimination of abuse against women. 15 Officers and 200 Other Ranks representing the Security Force Headquarters (Wanni) took part in the educative lecture.

Special Infantry Operation Course No – 77 Begins



04 Officers and 32 Other Ranks representing Sri Lanka Sinha Regiment, the 1st battalion of the Gemunu Watch, 08th and 22nd battalions the Gajaba Regiment took part in the Special Operation Course No – 77 on 15th January 2025 at the 1 Corps, Kilinochchi. Colonel R R K Rajapaksha Udage, the Colonel General Staff of 1 Corps graced the occasion as the Chief Guest.

Tribute to a Fallen Hero's Daughter Tharaka Sandarenu Perera

Miss. H L Tharaka Sandarenu earned an international achievement exhibiting the pride of her father, Lance Corporal H A S Perera of 9th Battalion the Gemunu Watch who laid down his life while on duty on 28th September 1998 in Paranthan. She scored this victory at the International Fitness and Bodybuilding Pro-League Championship held in Bangkok, Thailand on 30th November 2024. Major General W B J K Wimalaratne RWP RSP along with Dr (Mrs.) G N Dilrukshi Wimalaratne, the President of the Gemunu Watch Seva Vanitha Branch, invited her to the Regimental Center, the Gemunu Watch and appreciated her awarding the presents.



Ranaviru Abhinandana Pooja 2025



The 'Ranaviru Abhinandana Pooja 2025' was held on 10th January 2025 under the guidance of Major General R P A R P Rajapaksha RSP General Officer Commanding of the 54 Infantry Division in Thalladi, Mannar. The initiative aimed to support 250 children of Army personnel and civil employees distributing books and school bags valued at Rs. 5,000.00 for each.

The programme was sponsored by the Old Boys' Association of Royal College Colombo, graduates from the University of Sri Jayawardenepura, Mr. Prasad Lokubalasuriya, the Chairman of the 'Athahitha' 2025 Project, along with Mr. Saman Gunaratne and Mrs. Samantha Wijewardena. Senior Officers, Officers, Other Ranks and civil employees participated in the event.

Thai Pongal Day Celebrated at 5 (Volunteer) Mechanized Infantry Regiment



An alms giving programme was conducted at Vellankulam Pillaiar Kovil on 14th January 2025 under the guidance of Brigadier I P Jayasinghe RWP Commander, 541 Infantry Brigade on Thai Pongal Day with the participation of Officers and Other Ranks of 5 (Volunteer) Mechanized Infantry Regiment 10 (V) the Gemunu Watch to foster harmony between the Army and the civilians.

ASVU's New President Takes Over Duties



Mrs. Swendrini Dissanayake officially assumed duties as the 17th President of the Army Seva Vanitha Unit (ASVU) on 07 January 2025 at the Army Headquarters during a brief ceremony. In keeping with tradition, the new ASVU President signed a formal document at the auspicious time, officially marking her acceptance of the office. The Presidents of the Regimental Seva Vanitha Branches were also attended the event. After refreshments, the newly appointed President ASVU shared her views with all participants

Electric Wheelchair Presented to Senior Officer at Ranaviru Sevana



Mrs. Swendrini Dissanayake President, Army Seva Vannitha Unit (ASVU) on 22nd January 2025 presented an electric wheelchair to Major B M G C P Navaratne, a Senior Officer of the Sri Lanka Artillery who sustained severe injuries in an unexpected road accident while on duty, resulting in permanent disability in the lower part of his body. The Senior Officer is presently receiving treatment at Ranaviru Sevana.

Brigadier W D M Kumarasinghe RSP Commandant of Ranaviru Sevana along with the Senior Officers, and Other Officers were present at the occasion.

Army Seva Vanitha Unit Conducts A Donation Programme

Strengthening the continuation of its unwavering commitment to support the War Heroes and their families, and civil servants, Fonterra Pvt Ltd donated 100 plastic chairs and 10 plastic tables for the community restaurants operated under the Army Seva Vanitha Unit, as well as 1,500 books for the children of War Heroes and civil servants at Viru Kekulu pre-schools. The donation was presented to Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit (ASVU), on 22nd January 2025. The Assistant Director of Fonterra and other officials from the institution and members of the Army Seva Vanitha Unit participated in the event.





Annual concerts of Viru Kekulu pre-schools

The Army Seva Vanitha Unit operates the Viru Kekulu pre-schools across the island, with the aim of enhancing the welfare of War Heroes and their children. These pre-schools now also accommodate children from non-military families. The annual concert of the Viru Kekulu pre-school in Manning Town was held under the patronage of Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU). Similarly, the Viru Kekulu pre-schools in Pallekele, Panagoda, Diyatalawa, Ipalogama, Minneriya, Anuradhapura, and Galle also conducted their annual concerts, providing a platform to develop and showcase talents of children.



ASVU Conducts Counselling Workshop for Viru Kekulu Pre-school Teachers



Under the guidance of the President of the Army Seva Vanitha Unit (ASVU), Mrs. Swendrini Dissanayake a counselling workshop was conducted on 28th January 2025 at the Army Hospital, Colombo, for Officers and pre-school teachers serving at the eight Viru Kekulu pre-schools. The workshop aimed to enhance educators' skills in guiding young learners.

Mrs. Surangi Amarapala, Senior Member in charge of the Viru Kekulu pre-school in Manning Town, the Colonel (Coordination) of ASVU, Senior Officers, Officers, and Other Ranks participated in the event.



Dr. D W Thulsara Dissanayake delivered the inspiring address. The lecture aimed at educating the preschool teachers on facilitating and improving the knowledge and skills of the young buds while sharing the updated knowledge on the subject.

ASVU Enhances Army Welfare with Cafeteria Price Cuts



After assuming the duties, Mrs. Swendrini Dissanayake, the President of Army Seva Vanitha Unit (ASVU) visited several projects administrated by the ASVU on 10th January 2025. During the visit, the President, ASVU inspected Seva Vanitha Budget Centre, Bakery/Cafeteria, Saloon, Beauty Saloon, Mini Banquet Hall Reception Hall, Tailor Shop - Akuregoda, Welfare Shop and Cafeteria, Sunflower Village Welfare Food project, Welfare Shop and Cafeteria-Kinnadeniya and reviewed the cleanness, maintenance of buildings, sanitation, cleanness of the staff, maintenance of quality and prices of the materials, and granted instructions on further improvements.

Monthly Meeting Highlights of Army Seva Vanitha Unit January 2025

The monthly meeting of the Army Seva Vanitha Unit (ASVU) was held on 31st January 2025 at the Army Headquarters premises with the participation of Regimental Seva Vanitha Chairpersons, Executive Board Members and Senior Members.

Mrs. Swendrini Dissanayake, the President of ASVU, chaired the meeting and committee members for the Executive Board of the ASVU were appointed. Addressing the gathering, the President, ASVU elaborated the projects to be implemented in the future emphasising the adherence to the government policy "Clean Sri Lanka". Further, she instructed the Regimental Seva Vanitha Chairpersons to reduce unnecessary expenditures and invest in welfare activities for the members of the Sri Lanka Army. The President ASVU also emphasised the importance of continuing welfare activities and annual projects aiming at improving the lives of soldiers.



Later, the President of ASVU made some donations for the Ranaviru families. Accordingly, Rs. 100,000.00 worth of medical aid for the sick child of Corporal Rajapaksha R P J, and Rs. 200,000.00 financial aid for Lance Corporal De Silva of 2 (V) Sri Lanka Army General Service Corps under the second phase of the scheduled Rs. 600,000.00 aid to build the house were made possible during the session.



The Military Intelligence Corps Seva Vanitha Branch



The Military Intelligence Corps Seva Vanitha Branch (MIC-SVB) organised an alms - giving programme for the elderly at the Warusavithana Elders' Home in Ambalangoda on 28th December 2024. This initiative was conducted under the guidance of the Chairperson of MIC-SVB and financial contribution for this programme was provided by Mrs. Hemanthi Yapa. Officers and Other Ranks participated in the event.

The Sri Lanka Light Infantry Seva Vanitha Branch



The Sri Lanka Light Infantry Seva Vanitha Branch (SLLI - SVB), conducted a school items distribution programme for 50 school children of Other Ranks on 28th December 2024 at the SLLI Regimental Centre. The event was held under the guidance of Major General Y A B M Yahampath RWP RSP ndu psc, Commander of Security Forces (Jaffna) and Colonel of the Regiment SLLI, with the supervision by Mrs. Darshani Yahampath, Chairperson of SLLI - SVB. Crest Container Lines and Yasoda Electricals Private Limited extended much required financial assistance.

The Sri Lanka Army Pioneer Corps Seva Vanitha Branch



The Sri Lanka Army Pioneer Corps Seva Vanitha Branch (SLAPC-SVB), under the guidance of Mrs. H G Swarnalatha, the Chairperson of SLAPC-SVB, provided lunch and essential items to the children at the Sri Jinananda Children's Development Centre in Wellawatte on 24th December 2024. As part of the programme, an alms-giving ceremony and a Dhamma sermon were held and SLAPC calypso band entertained the audience. Members of SLAPC-SVB also took part in the programme.

Corps of Engineer Services Seva Vanitha Branch



A school accessories distribution programme was organised at the Regimental Headquarters, Panagoda under the guidance of Mrs. Anupama Rathnayake, the President of Corps of Engineer Services Seva Vanitha Branch on 15th January 2025. Stationary items and school bags were distributed among 384 children entering Grade 01 in 2025 under the programme.

Gemunu Watch Seva Vanitha Branch



The Gemunu Watch Seva Vanitha Branch, under the inspiring leadership of Dr. (Mrs.) Dilrukshi Wimalaratne, President of the Gemunu Watch Seva Vanitha Branch, successfully organised a school item donation programme on 19th January 2025 at the Regimental Centre of the Gemunu Watch. Major General W B J K Wimalaratne RWP RSP, Colonel of the Regiment supervised the project. During this benevolent initiative, school accessory packs were symbolically handed over to the 74 school children and the remaining 2,276 school accessory packs were sent to units. The breakfast and lunch was provided for all attendees. Colonel Commandant and the President of the Gemunu Watch Seva Vanitha Branch graced the event as the distinguished guests.

Military Police Seva Vanitha Branch



The 5th Corps of Military Police, in collaboration with the Sri Lanka Corps of Military Police Seva Vanitha Branch (SLCMP-SVB), conducted a donation programme at Apeksha Hospital, Maharagama on 04th January 2025. During the programme, donations worth approximately Rs. 490,000.00 sponsored by Venerable Lindagala Ananda Thero, and financial contributions of around Rs. 300,000.00 were provided to assist cancer patients. Subsequently, maternity aids were distributed with a nutritious lunch. Further, Rs. 100,000.00 was donated to support Senior Non-Commissioned Officers with children battling cancer. Mrs. Manisha Kothelawala, Chairperson of the SLCMP-SVB, attended the event as the Chief Guest.

Sri Lanka National Guard Seva Vanitha Branch



Mrs. Sumangali Pathiravithana officially assumed duties as the new Chairperson of the Sri Lanka National Guard Seva Vanitha Branch (SLNG-SVB) on 20th January 2025 at the SLNG Regimental Headquarters. Members of the SLNG-SVB, along with Senior Officers and Officers, participated in the ceremony.

Sri Lanka Army Service Corps Seva Vanitha Branch



The Independent Supply Depot (ISD), Independent Transport Squadron (ITS), and Army Service Corps School (ASCS) conducted a "Donation Programme and Christmas Carol" event for the students of Surasa Special Education School and Home for Girls, Moratuwa on 22nd December 2024. Mrs. Chandi Rajapaksa, Chairperson of the Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB), graced the occasion as the Chief Guest. The event was organised under the guidance of Colonel G T C Madurawala USP QLCO, Commandant of ASCS, Colonel D K S Knowlton, Commandant of ITS, and Lieutenant Colonel H M W R Herath, Commandant of ISD, along with their spouses.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



In line with the 75th Anniversary of the Sri Lanka Army, a newly constructed house was inaugurated for a Non-Commissioned Officer of Sri Lanka Army Ordnance Corps and his family on 18th December 2024. The project was initiated under the guidance of Mrs. Iresha Fernando, Chairperson of the Sri Lanka Army Ordnance Corps Seva Vanitha Branch (SLAOC-SVB). The event was held with the gracious participation of Major General E M M Fernando Hdmc Lsc AATO, Commander Logistics Command and Colonel Commandant of SLAOC. Members of SLAOC-SVB, Senior Officers, Officers and Other Ranks participated in the event.

Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch



The first monthly meeting of the year 2025 of the Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch (SLEME-SVB) was held on 30th January at the Regimental Base Workshop, Katubedda, under the patronage of Mrs. Apsara Peiris, President of SLEME-SVB. The meeting primarily focused on discussing welfare initiatives aimed at supporting Ranaviru families and exploring fundraising strategies for upcoming welfare projects. Adding further value to the gathering, Lieutenant Colonel E A A Sujith Chaminda from the Directorate of Media and Psychological Operations delivered an inspirational lecture. His address, which included recollections on wartime experiences paid tribute to the dedication of Ranaviru spouses. Nearly 200 spouses of War Heroes attended the session, gaining valuable insights and inspiration from the discussion.



Our commitment is unwavering - day in and day out, 365 days a year. We stand prepared to address a multitude of challenges, anytime and anywhere in the island and the world. Our highly trained soldiers are poised to mobilize at any moment's notice, ensuring the protection of our great nation.


Sri Lanka Army - Defender of the Nation

HISTORY OF MILITARISATION OF SPACE

The militarisation of space refers to the development and deployment of military technology and systems in outer space. This encompasses satellites for reconnaissance, communication, navigation, and weapon systems designed to function in or from space. The boundary of space is defined by the Kármán Line, approximately 100 kilometers above sea level. The deployment of weapons in space has been a significant point of discussion, innovation, and controversy since the mid-20th century.

Although the militarisation of space, as it is understood today, did not fully develop until the Cold War, the first half of the 20th century laid the groundwork for later military uses of space. Key milestones include theoretical advancements, the development of early rockets, and the strategic vision of space as a potential battlefield. During World War II, Nazi Germany conceptualised weapons that could strike targets from space. The Sonnengewehr (Sun Gun) was a proposed space-based weapon using a giant mirror to focus sunlight as a destructive beam. These concepts were not practical but represented early military thoughts about weaponising space.

After World War II, the United States and the Soviet Union acquired German V-2 rocket technology and expertise, laying the foundation for their space and ballistic missile programmes. The Cold War rivalry between the United States and the Soviet Union spurred rapid technological advancements, leading to the first steps in space exploration and militarisation. The Soviet Union's launch of Sputnik 1 in 1957, the first artificial satellite, marked the beginning of the space age and demonstrated the capability of space-launch technology for intercontinental ballistic missiles (ICBMs). Both nations began viewing satellites as dual-use tools for reconnaissance and potential weapons platforms. Sputnik triggered fears in the U.S. about Soviet capabilities in space, leading to the creation of the U.S. National Aeronautics and Space Administration (NASA) in 1958 and the strengthening of military space programmes. The U.S. launched the first dedicated military satellites under the Corona



programme in 1960, providing photographic reconnaissance of Soviet military installations. The Soviet Union developed its own reconnaissance satellites, such as the Zenit series.

Operation Argus in 1958 was the first high-altitude nuclear weapons tests conducted by the United States. It aimed to study the effects of nuclear detonations in the Earth's upper atmosphere and their impact on communication and radar systems. The results demonstrated the creation of artificial radiation belts that could interfere with satellites and electronics. Starfish Prime in 1962 involved detonating a 1.4-megaton nuclear device at an altitude of 400 kilometers. The explosion created an electromagnetic pulse (EMP) that damaged satellites and disrupted electrical systems on Earth, highlighting the dangers of space-based nuclear weapons. The Soviet Union also conducted a series of high-altitude nuclear tests in the early 1960s to study the effects of nuclear detonations in space. Test 184 in October 1962 was a 300-kiloton nuclear weapon detonated at an altitude of 290 kilometers above Kazakhstan, creating an artificial radiation belt that disrupted satellites and caused electrical surges on Earth. The Test 88, also in October 1962, was another high-altitude test detonated at a lower altitude. These tests were part of a broader effort to develop space-based nuclear deterrents but the

1963 Partial Test Ban Treaty prohibited nuclear tests in space, forcing the United States and the Soviet Union to abandon further high-altitude nuclear weapons testing.

Both superpowers began experimenting with anti-satellite weapons in the 1960s to disable enemy satellites. The U.S. tested ASAT (Anti-Satellite Weapons) systems like Bold Orion in 1959, and

Programme 437 in 1962 that repurposed Thor intermediate-range ballistic missiles (IRBMs) to intercept enemy satellites.

Ground-launched missiles were equipped with nuclear warheads to destroy satellites via proximity detonation. The programme was discontinued due to concerns over space debris and limited precision. These tests showcased the feasibility of targeting satellites from Earth.

The Istrebitel Sputnikov (IS), or "Satellite Destroyer," was the Soviet Union's first

operational anti-satellite weapon system.

It relied on interceptor

satellites designed to approach and destroy enemy satellites using an explosive payload. The first test of the IS system occurred in 1963, but it was unsuccessful. Subsequent tests between 1967 and 1971 demonstrated the system's capability to intercept and destroy satellites in low Earth orbit. While the system achieved limited operational status in the 1970s, it was later phased out due to advancements in ASAT technology.

The Fractional Orbital Bombardment System (FOBS) was a Soviet nuclear weapon delivery system designed to deliver nuclear warheads via low Earth orbit. Unlike traditional ICBMs, FOBS allowed for an unpredictable trajectory, making it difficult for enemy early-warning systems to detect and intercept. The Soviet Union tested FOBS in 1966, with the system achieving limited operational status by the late 1960s. FOBS was eventually abandoned due to limitations in accuracy, the development of more advanced ICBMs, and as the 1979 Strategic Arms Limitation Talks (SALT II) Treaty prohibited the deployment of FOBS.

Amid growing concerns about the militarisation of space, the Outer Space Treaty was signed in 1967 by major nations, including the U.S. and USSR. The treaty banned the placement of nuclear weapons or other weapons of mass destruction in space and limited the use of celestial bodies for peaceful

purposes. While both complied with the treaty, they continued to develop counterspace technologies and explore space-based conventional weapons. During the 1970s and 1980s, the Soviet Union developed advanced co-orbital ASAT systems designed to use kinetic impact or fragmentation to destroy enemy satellites, and the United States developed the ASM-135 ASAT, a missile launched from an F-15 fighter jet to destroy satellites in low Earth orbit. In 1985, the ASM-135 successfully destroyed a U.S. satellite (P78-1) during a test, demonstrating the feasibility of such weapons but raised concerns about the creation of space debris.

The Almaz space station programme was a series of military orbital outposts developed by the Soviet Union as part of its efforts to achieve military dominance in space. The programme was conceived in the 1960s as a response to the perceived military threat posed by the United States' space reconnaissance and surveillance programmes, particularly the Manned Orbiting Laboratory (MOL). The primary purpose of Almaz was to provide military reconnaissance capabilities and conduct experiments related to space-based defense and weapons systems. Almaz stations were equipped with a Rikhter R-23 autocannon, a modified 23mm cannon derived from the tail gun of the Tu-22 bomber. The cannon was intended for self-defense against potential threats, such as hostile spacecraft or satellites. It remains the only known instance of a crewed spacecraft being equipped with a gun. The initial prototype, Almaz-1, was tested on the ground but was not launched. Despite the MOL programme canceled in 1969, the first Almaz-based station - Salyut 2, was launched on 3 April 1973, as part of the civilian Salyut programme. However, due to a pressure loss caused by debris damage, the station became inoperable shortly after reaching orbit. Salyut 3, launched on 25 June 1974, was the first fully operational Almaz station. Cosmonauts aboard the station tested the onboard cannon, firing it in space after the station's crew had departed. The test proved that weapons could be used in space, though the accuracy and long-term implications were unclear. It was deorbited in January 1975. Salyut 5, launched on 22 June 1976, was the final Almaz station. Due to technical difficulties with fuel and life-support systems, it was deorbited in August 1977. Almaz remains a unique chapter in the history of space exploration as the only known instance of armed, crewed space stations.

In 1983 the United States President Ronald Reagan proposed the Strategic Defense Initiative (SDI), also known as "Star Wars," aimed to develop a space-based missile defense system to intercept incoming ICBMs. The concept included space-based laser weapons, orbital kinetic energy weapons (often referred to as "Rods from God"), directed-energy weapons and particle beam systems. Although the programme was never fully realised due to technical and financial challenges, it significantly advanced research into space-based weapon systems. As a response the Soviet Union developed the Polyus (or Skif-DM) orbital weapons platform. It was designed to



carry a high-powered laser or kinetic energy weapons to target enemy satellites and ballistic missiles in space. Polyus was launched in 1987 on the maiden flight of the Energia heavy-lift rocket. The mission failed when a guidance error caused the platform to reenter the atmosphere and crash into the Pacific Ocean. Despite the failure, the Polyus programme marked as one of the most ambitious Soviet efforts to deploying a space-based weapons platform. By the late 1980s, the Soviet Union's space weaponisation programmes declined due to economic constraints and changing geopolitical priorities. The collapse of the Soviet Union in 1991 marked the end of many ambitious space weapons projects.

With the end of the Cold War, space technology became more accessible to other nations, and countries like China, India, and European powers began investing in military space programs. During the 1990s, the United States continued to develop advanced reconnaissance, GPS navigation, and missile warning systems. The Gulf War (1991) showcased the military utility of space assets, particularly GPS for precision-guided munitions and satellite communication. Concerns about the potential for space warfare increased as nations developed electronic warfare capabilities to disrupt satellites. In 2007, China conducted a successful anti-satellite missile test, destroying one of its own weather satellites and highlighting its capability to target space assets. This test generated significant debris, highlighting the risks of militarising space. China has since developed a robust military space programme, including surveillance

satellites and space-based weapons. The U.S. Standard Missile-3 (SM-3) has been adapted to intercept satellites, as demonstrated in 2008 when it destroyed a malfunctioning reconnaissance satellite (USA-193) in a mission known as Operation Burnt Frost. In 2019, India conducted Mission Shakti, an ASAT test destroying a satellite in low Earth orbit. Also in 2019, the United States formally established the U.S. Space Force as a separate branch of the military for space operations, marking a



new era of space militarisation. Its mission includes protecting U.S. satellites and space infrastructure, and developing counterspace capabilities to deter or neutralise threats. Other nations, such as France, Russia, and China, have also enhanced their military space capabilities and organisations.

The Boeing X-37B Orbital Test Vehicle is an autonomous, reusable spaceplane operated by the U.S. Air Force and later by the U.S. Space Force, and has conducted numerous classified missions since its first launch in 2010. It is designed for experimental missions, including satellite deployment and testing advanced space technologies. As of 2025, the X-37B has conducted multiple successful missions, staying in orbit for extended periods (up to 908 days). It represents the most successful operational military spaceplane to date. Development of hypersonic glide vehicles capable of operating in space is underway in multiple countries. Projects like the

U.S. DARPA XS-1 Phantom Express and China's hypersonic glide vehicles aim to develop spaceplanes capable of rapid response, satellite deployment, and potential offensive operations. Hypersonic spaceplanes represent the next generation of military technology, combining atmospheric flight and space operations. Spaceplanes blur the line between peaceful exploration and military aggression, raising concerns about space warfare.

Directed-energy weapons, hypersonic missiles, and satellite jammers are examples of emerging technologies being tested for space militarisation. The use of "dual-use" satellites, which can perform both civilian and military roles, has blurred the lines between peaceful and military uses of space. The United States has expressed concerns over the development of space weapons by adversaries such as China and Russia, fueling ongoing research and development in space-based defense. In 2020, the U.S. initiated the Artemis Accords, focusing on peaceful space exploration and collaboration. However, concerns remain about the overlap between exploration and potential militarisation. The balance between peaceful exploration and military dominance in space remains a critical issue, with treaties and agreements aiming to regulate activities but often falling short in the face of geopolitical rivalries.

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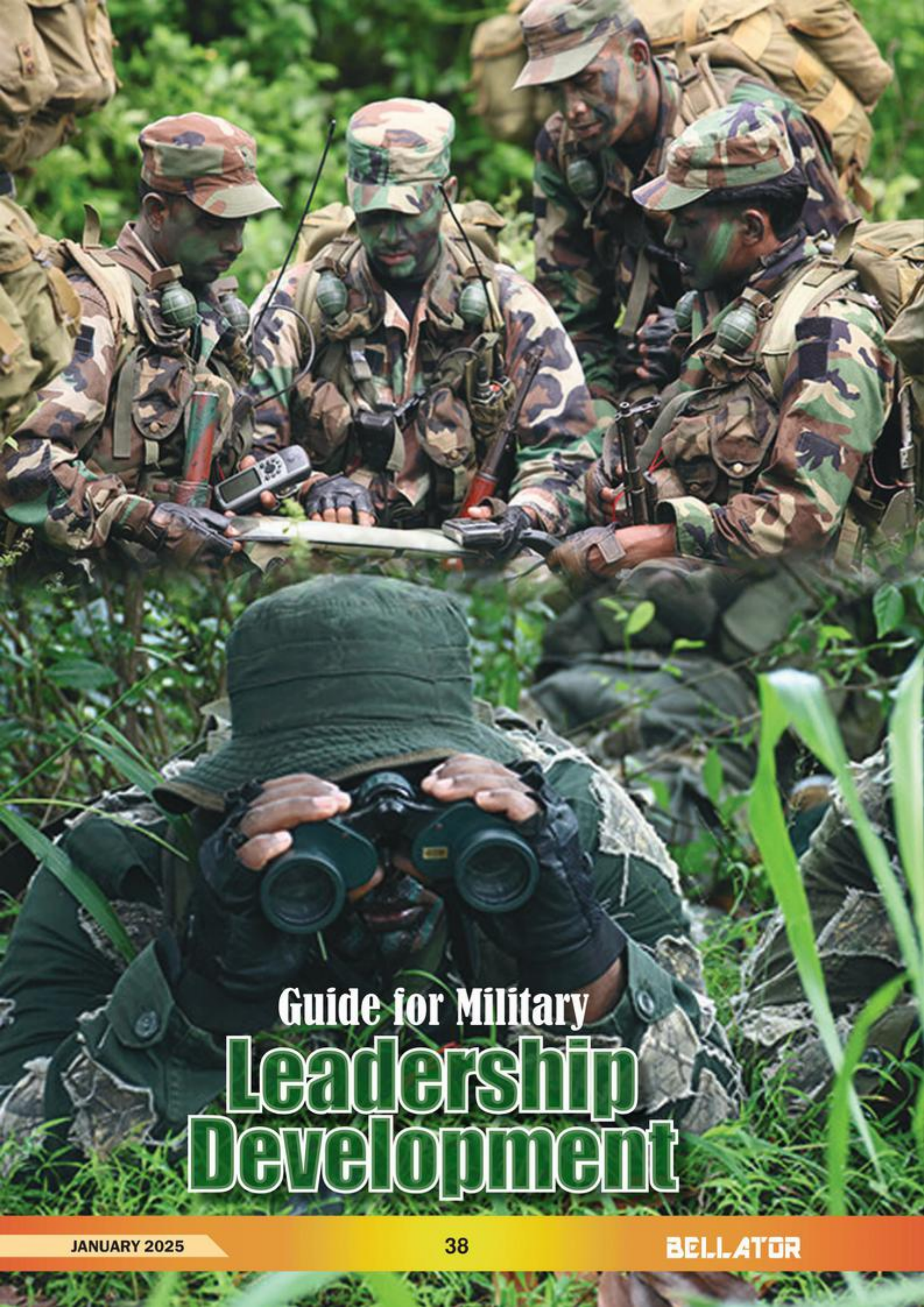
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Keido Kurberg





Guide for Military
**Leadership
Development**

The journey from a young Officer Cadet to an effective military leader is both challenging and rewarding. An Officer's perspective offers invaluable lessons for those stepping into leadership roles. The following are key areas that can benefit military leaders when performing their responsibilities tasked while leading troops.

1. Integrity and Morality

The foundation of military leadership rests on personal integrity. Officers are expected to uphold the highest moral standards and lead by example. This means making decisions with transparency, honesty, and an unwavering commitment to doing what is right. As leaders, the ability to maintain personal integrity influences the trust and respect earned from soldiers under their command.

2. Appearance and Discipline

Military leaders are also expected to maintain the highest state of personal appearance and discipline. This includes both physical and mental readiness. A leader's appearance sets the tone for the unit and is a visual representation of the discipline and professionalism within the ranks. Leading by example, especially when it comes to attention to detail, reinforces the importance of these standards within the unit.

3. Fairness and Consistency

Fairness and consistency are vital in any leadership role, especially within the military. Officers are expected to treat each soldier as an individual, understanding their unique challenges while maintaining fairness in judgment. Ensuring that every soldier is held to the same standard and providing equal opportunities for advancement which builds morale and cohesion within the unit.

4. Courage and Accountability

Military leadership requires both personal and professional courage. Officers must have the courage of their convictions, standing firm on decisions, even when faced with



adversity. They must also assume responsibility for their actions and decisions, defending their soldiers when appropriate, and accepting blame when necessary. A true leader doesn't shy away from challenges but confronts them head-on, demonstrating accountability in all aspects of their role.

5. Selective Promotion and Competence

One of the most important responsibilities of military officers is to ensure the competence of those under their command. Promoting individuals should never be based on personal connections or circumstances but rather on their ability to perform the duties of their grade. Effective leadership requires making tough decisions for the long-term success of the team and ensuring that only qualified individuals rise through the ranks.

6. Leadership in the Face of Danger

Courage under fire is a fundamental characteristic of military leadership. Officers will inevitably find themselves in situations where the stakes are high, and soldiers' lives may depend on the decisions made. Leadership in combat requires a balance of strategic thinking and the ability to inspire confidence in others. Recklessness, on the other hand, undermines the trust between a leader and their team, endangering

lives and diminishing morale.

7. Loyalty and Support

A strong leader builds loyalty within their team. Soldiers look to their Officers for support, not only in combat but also during the day-to-day challenges of military life. Loyalty from subordinates is earned through consistent actions that demonstrate devotion to the team, the mission, and the well-being of every soldier. This loyalty is often the difference between success and failure on the battlefield.

8. Development of Leadership Skills

Leadership is not an innate quality but a skill that can be cultivated. Officers are encouraged to develop their leadership abilities over time, learning from mistakes and adapting to the evolving needs of their soldiers and the mission. Great leaders do not rely on rank or insignia alone to command respect but must continually earn it through their actions and decisions.

9. Teamwork and Shared Experiences

A key aspect of military leadership is the ability to work as a cohesive unit, even in the most difficult circumstances. Leaders and soldiers alike are expected to share the hardships of military life, whether it's enduring extreme conditions or



completing demanding missions. The bond through shared experiences fosters unity and enhances the performance of the unit.

10. Love to the Country and Duty


Finally, the values of love for country and duty are central to military service. Officers are not just leaders of soldiers but a greater defence of their nation. A commitment to these values helps to sustain Officers through challenging times and provides them with the strength to lead with integrity, courage, and dedication.


Conclusion


The paths to becoming a great military leaders are one of continuous learning, self-reflection, and sacrifice. By embodying the core principles of integrity, discipline, fairness, courage, and loyalty, military Officers can inspire their troops and rise to meet the challenges of leadership. The role of an Officer is not merely a position of authority; it is a commitment to serving and guiding those who serve alongside them. With these foundational qualities, military leaders will not only succeed in their careers but also contribute to the greater mission of defending their country.


Leadership development is crucial for military

Officers to ensure effective decision-making, strategic planning, and mission success. Strong leadership fosters discipline, adaptability, and resilience in high-pressure environments. It enhances teamwork, morale, and ethical conduct, ensuring operational efficiency and national security while preparing Officers for greater responsibilities in both war and peace.





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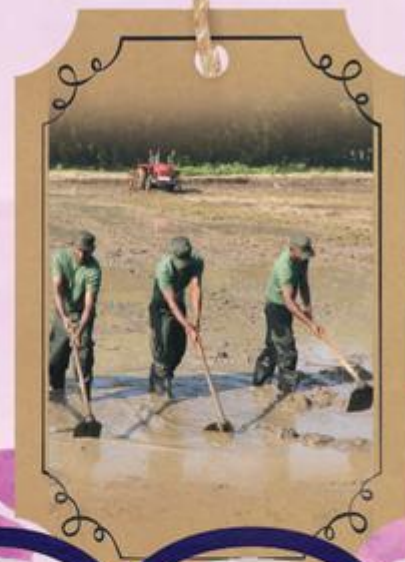
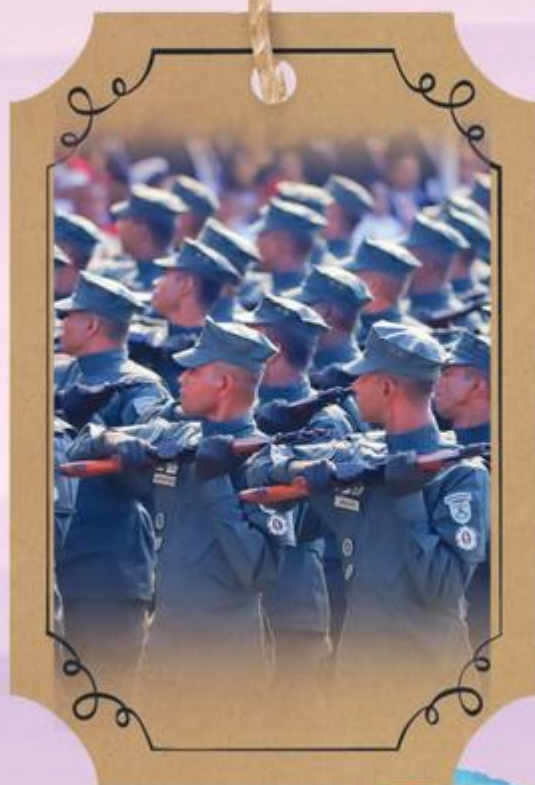
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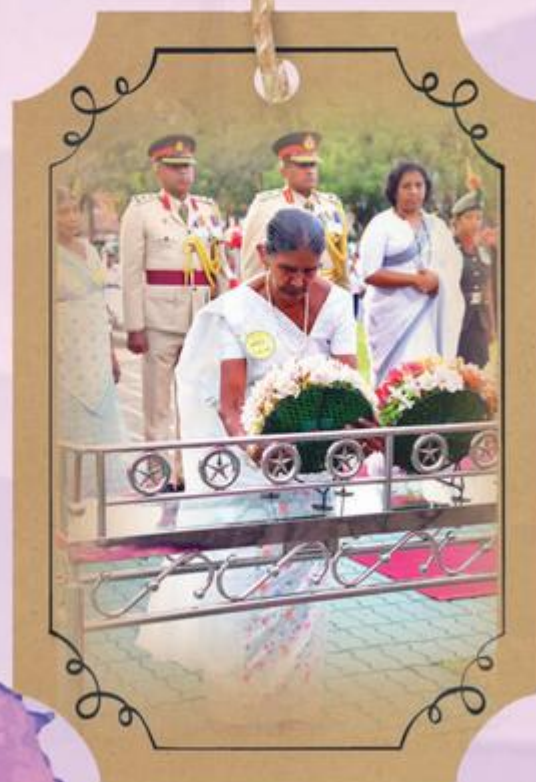
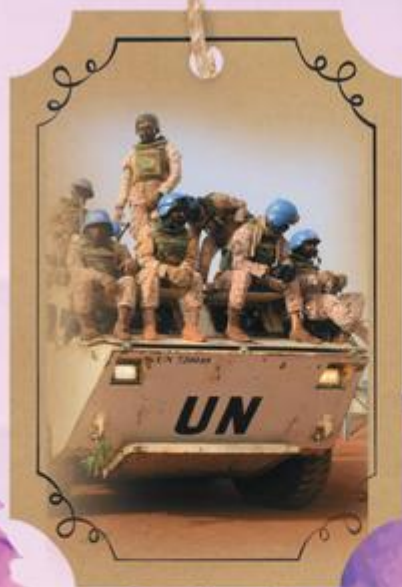
2025

THE NEW YEAR IS A TIME FOR RENEWAL AND RESOLVE

As the Sri Lanka Army strides into the New Year, it is a moment to reflect, renew, and reaffirm our unwavering commitment to duty, country, and comradeship. The dawn of 2025 marks not just the start of another calendar year but an opportunity to honour our rich heritage while setting sights on the challenges and opportunities that lie ahead.

The past year has been a hallmark to the resilience and dedication of the Sri Lanka Army. From ensuring national security to engaging in disaster relief and nation-building efforts, our contributions have underscored the Army's role as the backbone of the nation. It is with immense pride that we recognise the sacrifices and achievements of our Army members, who continue to uphold the highest standards of discipline and professionalism.





The New Year - 2025 calls for renewed focus on our strategic goals. As we adapt to evolving challenges in modern warfare, cybersecurity, and humanitarian operations, it is our duty to remain in our best pursuit of excellence. This involves not only strengthening our operational capabilities but also fostering innovation, enhancing training standards, and supporting the well-being of our soldiers and their families.

Also, we respectfully remember our Fallen War Heroes, whose sacrifices serve as a guiding light for our endeavours. Their legacy inspires us to work harder, serve selflessly, and protect our nation's sovereignty with unyielding resolve.

Let's welcome 2025, with hope, courage, and unity and together, as one Army, to overcome any obstacle while continue to be a force for good, ensuring the safety and prosperity of our beloved motherland.

Happy New Year -2025 to all members of the Sri Lanka Army and their families!

Staff of the Bellator Magazine

ANOSOGNOSIA



01

Anosognosia is a neurological condition characterised by an individual's inability to recognise their own illness or disability. The term comes from the Greek words a- (without), nosos (disease), and gnosis (knowledge), meaning "lack of knowledge about one's illness." This condition is not simply denial but a genuine lack of awareness resulting from brain dysfunction. Anosognosia often creates neurological or psychiatric disorders such as stroke, dementia, schizophrenia, or bipolar disorder.



02

The concept of anosognosia was first introduced by French neurologist Joseph Babinski in 1914. He described the condition initially within patients who were paralysed on one side of their body but were unaware of their paralysis. The condition is primarily linked to damage in the brain's parietal or frontal lobes, which are responsible for self-awareness, perception and integration of sensory information. Such damage can occur due to strokes, traumatic brain injuries, brain tumors, or neurodegenerative diseases such as Alzheimer's. Accordingly, the researches that anosognosia arises when the brain's mechanisms for monitoring and recognising deficits are impaired, making it impossible for the individual to process their condition accurately.



Symptoms

03

Anosognosia manifests in various ways depending on the underlying medical condition. Common symptoms include:

Denial of illness or disability: Individuals may insist they are healthy, even in the face of clear evidence to the contrary. For example, a stroke patient with left-side paralysis may attempt to move their affected limb, unaware of the fact that it is non-functional.

Confabulation

04

To explain inconsistencies between their perceived reality and actual condition, individuals may fabricate stories or explanations without intentionally lying.

Resistance to treatment: Because they do not believe they are ill, many patients refuse medication, therapy, or other necessary interventions. **Poor emotional concern:** Patients often display an inappropriate emotional response to their condition, such as indifference or apathy about significant disabilities.

Behavioural challenges: Anosognosia can cause frustration or confusion in patients, as well as conflicts with caregivers or medical professionals trying to provide support.



06

Cognitive and Behavioural Therapy (CBT)

Cognitive rehabilitation programmes can sometimes improve a patient's self-awareness by strengthening the brain's capacity to monitor deficits. Behavioural strategies, such as gently reminding patients of their condition through visual aids or consistent routines, can also be helpful.

Caregivers and healthcare providers should ensure that patients receive consistent medical care to address the underlying condition. For instance, stroke rehabilitation, dementia treatments, or antipsychotic medications may indirectly improve awareness over time.

Legal and Ethical Considerations: In severe cases, caregivers or legal guardians may need to intervene to ensure the patient's safety and well-being. This might involve seeking court-appointed guardianship to make medical decisions for a patient who cannot recognise their condition.

Preventive Measures

05

While anosognosia itself cannot always be prevented, especially when caused by sudden events like strokes, its impact can be managed and mitigated through the following measures

Early Diagnosis and Intervention: Timely medical evaluations for at-risk populations, such as those with a family history of neurodegenerative diseases or stroke, can help identify warning signs before anosognosia becomes a significant barrier to treatment.

Education for Caregivers: Family members and caregivers must be educated about anosognosia to approach the condition with empathy and understanding. Effective communication strategies, such as avoiding confrontation and focusing on shared goals, can help build trust and cooperation.



07

Conclusion

Anosognosia is a complex and challenging condition that affects all. By understanding its nature, origins, symptoms, and management strategies, families can better navigate its effects. Awareness of anosognosia is crucial for fostering compassion, ensuring effective treatment, and improving the quality of life for those affected. Continued research and education in this area will play a key role in addressing the challenges posed by this condition and enhancing patient care.



Capt KVN Lakmali SLAGSC
Army Headquarters



THE PURSUIT OF PROPAGANDA: THE DOOLITTLE RAID AND OPERATION RHINO AS CASE STUDIES IN MILITARY OPERATIONS FOR MEDIA OBJECTIVES

Propaganda, the deliberate spread of messages aimed at shaping perceptions, influencing emotions, and guiding behavior to serve a specific socio-political agenda, has long been an important element of war, serving a variety of purposes. Throughout history, governments and military leaders have used it not only to rally domestic support, demoralize enemies, attract allies, and shape global perceptions, but also to justify starting wars. Through a variety of mediums and channels, propaganda has always been a companion to conflict. However, while propaganda often accompanies and augments military operations, it is far less common for entire operations to be conducted purely for their propaganda value. These cases raise critical questions about the intersection of strategic objectives and psychological warfare. Two notable examples—separated by nearly six decades—highlight this dynamic: the Doolittle Raid of World War II and Operation Rhino during the U.S. invasion of Afghanistan.

Propaganda's Role in War and Military Operations

Throughout history, warring states have used propaganda at every stage of war—before, during, and after. Propaganda has played a crucial role not only in justifying decisions to go to war but also in sustaining public support during conflicts and shaping narratives in its aftermath. Before war begins, it is often used to frame the cause of the war as just, vilify the adversary, and rally national unity. During the conflict, propaganda serves to maintain civilian and military morale, demoralise enemies, and attract potential allies. In the post-war period, it helps to interpret, shape and solidify the legacy of the conflict, justify the outcomes, and shape how future generations perceive the events.

At the operational level, however, propaganda usually serves a supporting role. Leaflets, speeches, broadcasts, music and other messaging bolster the morale of soldiers and civilians while undermining the confidence of enemy forces. Yet, certain operations are carried out to achieve aims beyond conventional objectives and to create symbolic or psychological effects. In these cases, the military action itself becomes a message, crafted for an audience far beyond the battlefield. The Doolittle Raid and Operation Rhino are two striking examples of how military might can be wielded for media and propaganda purposes.

The Doolittle Raid - A Symbol of Defiance

On 18 April 1942, the United States launched a daring air raid on Tokyo and other Japanese cities. Known as the Doolittle Raid after its Commander, Lt. Col. James Doolittle, the

operation involved 16 B-25 bombers launching from the USS Hornet to strike the Japanese mainland. The raid's tactical value was minimal; the bombs caused limited damage, and most of the planes were lost or crash-landed.



A B-25 aircraft taking off from USS Hornet

However, the operation's symbolic significance was immense. In the wake of the attack on Pearl Harbor in December 1941, the United States needed to demonstrate its resolve and capability to retaliate. The Doolittle Raid achieved precisely that, boosting American morale and signaling to Japan that it was not invulnerable to attack. As Col. Doolittle recounted later, the raid was intended for this psychological purpose : ***"An attack on the Japanese homeland would cause confusion in the minds of the Japanese people and sow doubt about the reliability of their leaders. ... Americans badly needed a morale boost."***

Though the operation saw all but one aircraft used in the operation destroyed, the propaganda value of the raid was clear. News of the operation was widely publicised in the United States, where it was celebrated as a bold act of defiance. For Japan, the raid was a psychological blow, forcing military leaders to divert resources to defend the home islands, even at the expense of other fronts. It also fatally altered the Empire's naval strategy, pushing it towards its eventual defeat. The Doolittle Raid left an enduring legacy as a masterstroke of psychological warfare.

Operation Rhino - In Search of Propaganda Footage

Fast forward to 19 October 2001, during the early stages of the U.S. invasion of Afghanistan. Operation Rhino saw U.S. Army Rangers conduct a nighttime assault on an airstrip near Kandahar, a Taliban stronghold. Operation Rhino's propaganda objectives were directed at multiple audiences: the Taliban, regional actors, and the American public.

The operation offered limited military advantages. The airstrip was neither a major Taliban stronghold nor a crucial logistical site—it held little strategic value beyond serving as a potential staging and refueling point. This was further demonstrated when U.S. forces withdrew just

hours after the initial assault, leaving the airstrip unoccupied. Its true value, however, lay in the media impact it generated. The presence of combat cameramen reflected the planners' deliberate focus on capturing and creating footage tailored for propaganda objectives. Footage of Rangers parachuting into Afghanistan was broadcast widely, highlighting U.S. military prowess and precision.

For the Taliban, the operation sent a clear message: U.S. forces could conduct surprise attacks deep in Taliban territory, at a time and place of their choosing. For domestic audiences, it was a morale booster, reassuring Americans still reeling from the September 11 attacks that their military was on the offensive. The operation also served to project U.S. strength to the global community, particularly in a region where allies and adversaries alike were closely watching



"I can hear you! I can hear you! The rest of the world hears you! And the people -- and the people who knocked these buildings down will hear all of us soon!" President George W. Bush at Ground Zero, the site of the 9/11 terrorist attacks on the World Trade Center



the unfolding conflict.

Propaganda as a Primary Purpose

Both the Doolittle Raid and Operation Rhino illustrate how military operations can serve as tools of propaganda. In both cases, the missions had limited

tactical value but achieved significant symbolic outcomes. However, key differences emerge in their execution and objectives. The Doolittle Raid, while daring, had a clear strategic context: to rally American morale and unsettle Japanese confidence. Operation Rhino, conducted in the age of 24/7 media, appears more overtly designed for public consumption. The meticulous coordination of the operation with media coverage underscores how propaganda has evolved in the modern era, where perception often rivals physical outcomes in importance. In the case of the Doolittle Raid, the operation's secondary impacts on Japanese military strategy could suggest broader strategic intent. For Operation Rhino, the lack of lasting tactical gains raises questions about whether its primary goal was psychological and symbolic rather than military. Both the Doolittle Raid and Operation Rhino demonstrate the enduring power of propaganda in warfare. They highlight the role of perception as a weapon, capable of shaping morale, intimidating adversaries, and influencing global narratives. While traditional military objectives often prioritise tangible outcomes, these operations remind us that symbolic actions can leave an equally enduring mark on history.

In the end, the legacy of these missions lies not in the ground they captured or the damage caused, but in the stories they told—a testament to the enduring power of propaganda in the theater of war.



About the Author

Daham Jayarathna is an independent researcher and writer talking about propaganda and its history, evolutions, and utilisation. He currently works at the Bandaranaike Academy for Leadership and Public Policy. You can contact him through Dahamj@balpp.com



HYGIENE TIPS AND ESSENTIAL PRACTICES FOR FIELD AND BARRACKS

Maintaining proper hygiene is crucial for soldiers, as they often operate in challenging environments where access to clean water, sanitation, and medical facilities may be limited. Poor hygiene can lead to infections, illnesses, and reduced operational effectiveness. Here are ten essential hygiene tips for soldiers to stay healthy and ready for duty.



1. Maintain Personal Cleanliness

Regular bathing is essential to remove sweat, dirt, and bacteria from the skin. When water is scarce, use wet wipes or antibacterial body wipes to clean key areas such as the armpits, groin, and feet. A clean body prevents infections and reduces the risk of diseases.



2. Take Care of Your Feet

Soldiers spend long hours on their feet, often in harsh conditions. Wash feet daily, keep them dry, and change socks regularly to prevent fungal infections and blisters. Always wear well-fitted boots and use foot powder to reduce moisture.



3. Keep Hands Clean

Hand hygiene is critical in preventing the spread of infections. Wash hands with soap and water whenever possible, especially before eating and after using the restroom. If soap and water are unavailable, use alcohol-based hand sanitizer.



4. Maintain Oral Hygiene

Good dental hygiene prevents cavities, gum disease, and bad breath. Brush teeth at least twice a day with fluoride toothpaste and floss daily. In field conditions, use a small amount of water and a cloth to clean teeth if a toothbrush is unavailable.



5. Trim Nails Regularly

Long nails can harbor dirt and bacteria, increasing the risk of infections. Keep fingernails and toenails short and clean to prevent fungal infections and ensure better personal hygiene.



6. Keep Uniforms Clean

Dirty uniforms and gear can lead to skin infections and body odor. Whenever possible, wash uniforms, undergarments, and socks regularly. Air out boots and gear to prevent mold and bacteria buildup.



7. Maintain Proper Shaving and Hair Care

Regular shaving and haircuts help reduce lice infestations and maintain a neat appearance. Soldiers should shave using clean razors to prevent skin infections and ingrown hairs. In field conditions, use dry shaving methods if necessary.



8. Stay Hydrated and Eat Clean Food

Proper hydration supports overall health and flushes out toxins. Always drink clean, purified water to avoid waterborne diseases. Ensure food is properly cooked and stored to prevent food poisoning. Avoid sharing utensils and water bottles to minimise contamination.



10. Protect Against Insects and Skin Infections

Mosquitoes, ticks, and other insects can transmit diseases like malaria and dengue. Use insect repellent, wear long sleeves, and sleep under a mosquito net when necessary. Keep wounds clean and covered to prevent infections and seek medical attention for any persistent skin issues.



9. Use the Toilet Properly and Maintain Hygiene

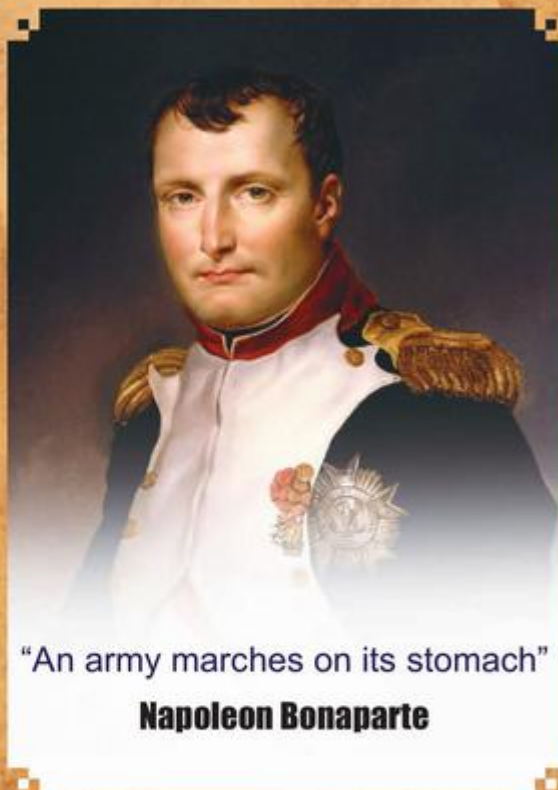
Always use designated latrines or dig proper field latrines to dispose of waste hygienically. After using the toilet, clean hands thoroughly to prevent the spread of bacteria and infections. If toilet paper is unavailable, use clean alternatives like biodegradable wipes.

Conclusion

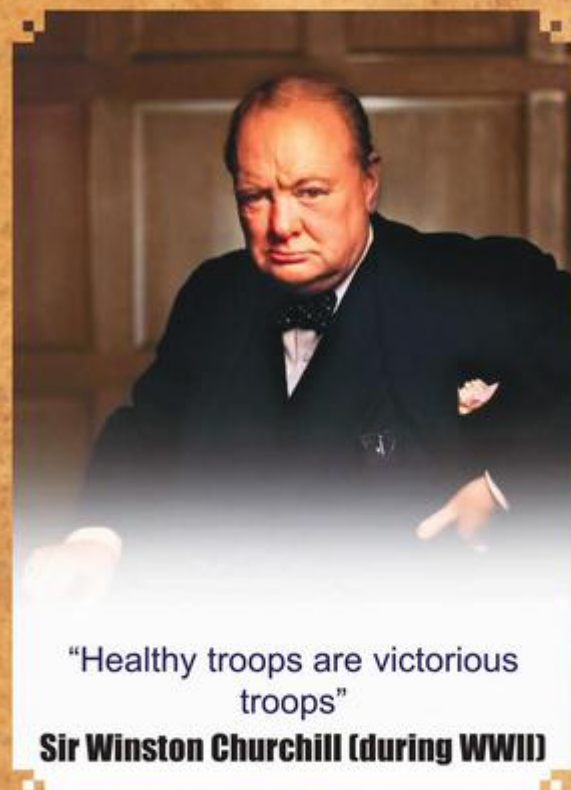
Good hygiene practices are essential for soldiers to maintain their health, endurance, and combat readiness. By following these ten hygiene tips, soldiers can prevent infections, boost morale, and stay focused on their missions. In any environment, personal hygiene is just as important as tactical training—stay clean, stay strong!



Capt KVN Lakmali SLAGSC
Army Headquarters



“An army marches on its stomach”
Napoleon Bonaparte



“Healthy troops are victorious troops”
Sir Winston Churchill (during WWII)

Charity Palmcard

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

1. Troops Repair Damaged Tank Bund



Troops of the 18th Battalion, Vijayabahu Infantry Regiment repaired the damaged bund of the Weerayadi tank on 19th January 2025.

4. Troops of 10 (V) ESR Complete Preschool Construction in Hambantota



The troops of the 10 (V) Engineer Services Regiment completed the construction of a preschool building at Christ Church, Hambantota on 21st January 2025.

7. Troops Repair Magulpokuna-Kalingawila Road



The 23 Infantry Division together with troops from the 9th Regiment of Sri Lanka Artillery repaired Magulpokuna and Kalingawila road on 02nd January 2025 which was damaged due to the overflow of Magulpokuna Tank.

2. A Survey to Mitigate Human-Elephants Conflict



The Security Forces (East), in collaboration with Wildlife and Civil Organisations, conducted a survey on 02nd January 2025 aimed at mitigating damage caused by wild elephants to paddy fields and safeguarding local communities.

5. School Equipment Donation Programme



The 12th Battalion of the Gajaba Regiment conducted a school equipment donation programme on 04th January 2025 at Hambantota Kirindagama Primary School.

8. A Dengue Prevention Campaign



Troops of the 541 Infantry Brigade conducted a Dengue Prevention Campaign on 30th December 2024 at the Government Tamil Mixed School in Kalliyadi.

3. 24 Infantry Division Conducts Temple Cleaning Programmes



As part of the "Clean Sri Lanka" initiative, troops of the 24 Infantry Division organised a beach and temple cleaning programme on 11th and 12th January 2025.

6. A Road Cleaning Programme



Troops of Regimental Centre the Gemunu Watch, along with the community in Kahengama, conducted a road cleaning programme spanning over 2000 metres in Kahengama area on 04th January 2025.

9. Troops Provides Lunch at Holy Cross Church, Kalmunai



Troops of the 18 Battalion, Vijayabahu Infantry Regiment, provided lunch for 16 children and 5 staff members of the Holy Cross Church in Kalmunai on 23rd December 2024.

10. School Accessories for Students



Troops of the 221 Infantry Brigade distributed essential study materials and school accessories to students of Sagarapura Primary School, Trincomalee, on 16th January 2025.

11. Beach Cleaning Programme in Matara

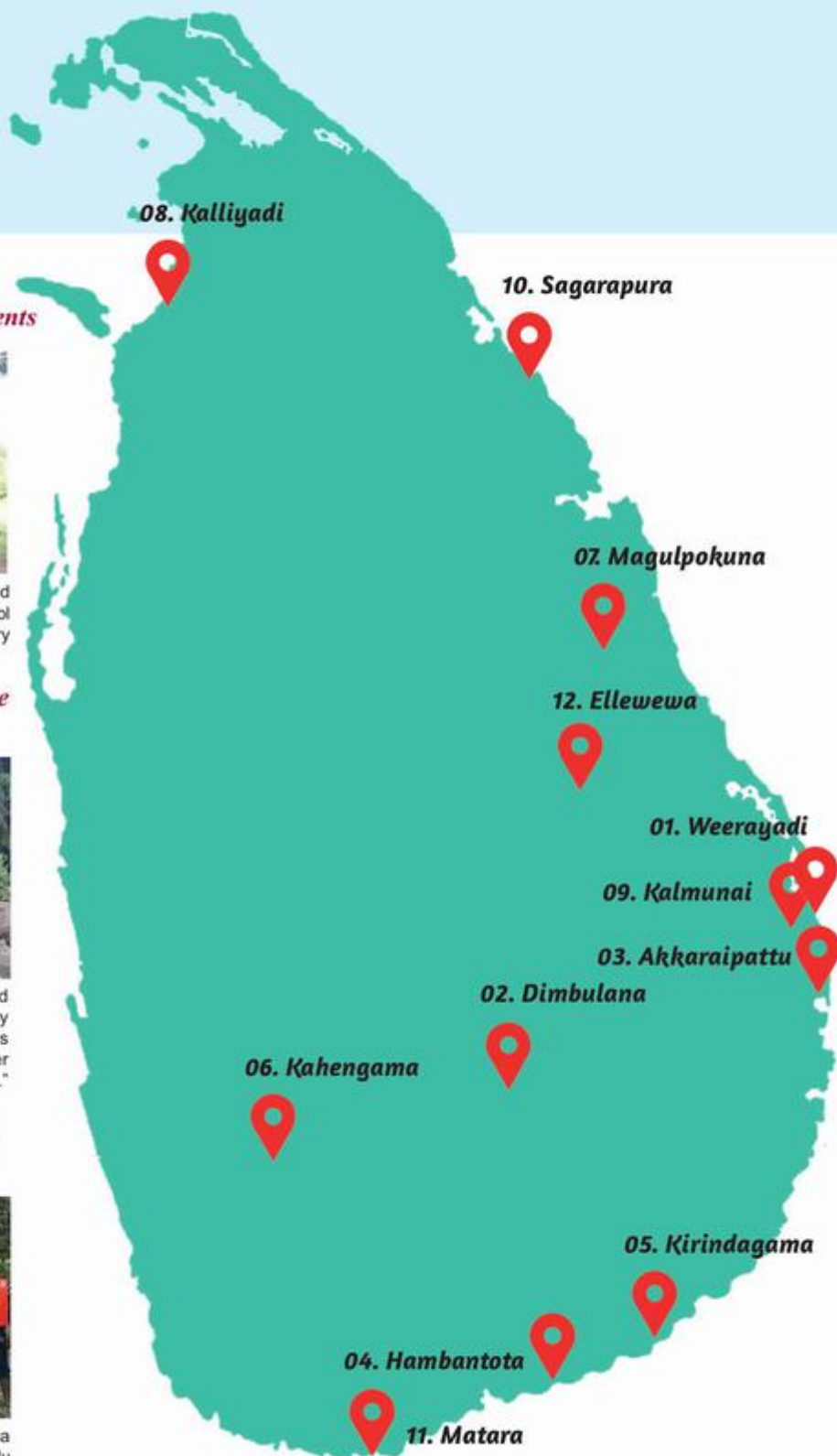


Troops of the 61 Infantry Division participated in a beach cleaning programme on 16th January 2025 in Matara, Devinuwara, and Dikwella as part of the "Clean Sri Lanka" initiative under the theme "Beautiful Island, Smiling People."

12. Troops Evacuate Villagers from Flooded Area



Troops from the 5th (V) Battalion of the Gajaba Regiment on 19th January 2025 promptly carried out a rescue operation in a flooded area in Ellewewa ensuring the safety of villagers.





EXCELLENCE

ON PLAYGROUND



Army Inter Regiment Golf Championship - 2025

The Army Inter Regiment Golf Championship was held on 15th January 2025 at the Golf Club, Nuwara Eliya with the participation of more than 100 players representing 12 different Regiments from the Sri Lanka Military Academy (SLMA). Major General A H L G Amarapala RWP RSP ndc psc, Commandant (Overlooking) of the Sri Lanka Army Volunteer Force, Commander of Security Force Headquarters (West) and Chairman of the Sri Lanka Army Golf Committee, graced the event as the Chief Guest.

After a series of closely contested encounters, the Gemunu Watch emerged as champions in the Men's Open Team Championship, with the Corps of Sri Lanka Engineers securing the runners-up position. In the Women's Championship, the Sri Lanka Army Women's Corps claimed the Women's Open title, while the Corps of Sri Lanka Engineers finished as runners-up.

Defence Services Weightlifting Championship 2024/2025



The 13th Defence Services Weightlifting Championship concluded on 09th January 2025 at the National Weightlifting Centre, Torrington Square, Colombo 07. The Army Sports Club clinched the Men's Overall Championship title. Private Jayawardana K C A S D of the Sri Lanka Army General Services Corps was named "Best Lifter" of the championship for his exceptional performance. Commodore R Dissanayake graced the closing ceremony as the Chief Guest.

National Beach Sepaktakraw Championship - 2024

The 2024 National Beach Sepaktakraw Championship, organised by the Sri Lanka National Sepaktakraw Association, concluded on 19th January 2025 at Mount Lavinia Beach. The Sri Lanka Army men's and women's Sepaktakraw teams emerged victorious in both the men's and women's events. Both teams competed under the guidance of Major General K A U Kodithuwakku RSP USP psc IG the Chairman of the Army Football Committee.



Football Tournament at 52 Infantry Division



Under the guidance and leadership of Major General Y M B A Yahampath RWP RSP ndu psc, Commander Security Force Headquarters (Jaffna) and directions of the 52 Infantry Division, the 521 Infantry Brigade organised a football tournament on 11th to 16th January 2025 at Colins Ground, Nelliady. In an impressive final match, Kodikamam Football Club, representing by 523 Infantry Brigade, secured a 3-0 victory over Wadamarachchi Football Club, representing 521 Infantry Brigade. The Chief Guest, Brigadier W K S P M R A B Dodamwela, Commander of the 522 Infantry Brigade, presided over the finals, joined by Senior Officers, local officials, and community leaders. Generous support from local sponsors, including Sellamuthu Textiles, Hotel White Tower, T20 Sports, Kuputhu Hotel, and Colombo Tex, contributed to the success of the tournament.

Inter-Battalion Sports Championship

The Inter-Battalion Sports Championship of the Mechanized Infantry Regiment (MIR) concluded at the Regimental Centre of MIR on 29th December 2024. Major General W M S C K Wanasinghe RSP USP, General Officer Commanding of the 21 Infantry Division and Colonel of the MIR, graced the event as the Chief Guest. The competitions including firing, rowing, and volleyball were organised under the close supervision of the Centre Commandant of MIR. During the event, 1 MIR emerged as the best Battalion in volleyball, 3 MIR secured the Rowing Trophy, and 4 MIR excelled in firing. Cash incentives were also awarded to outstanding individuals in rowing and boxing for representing MIR colours at the national level.



Defence Services Elle Tournament 2025



The Army Elle Team emerged victorious in the Defence Services Games (DSG) Elle Tournament 2025, securing the championship for the fourth consecutive year. The tournament, organised by the Sri Lanka Navy Elle Committee, was held from 21st to 23rd January 2025 at the Nawaloka Ground in Welisara. Teams from the Army, Navy, and Air Force competed and in the finals, the Army Elle Team showcased their skills defeating the Navy team decisively. The Army players scored an impressive 14 runs in the first innings.

Adding to the Army's triumph, Lance Corporal Lakmal K I of the Sri Lanka National Guard was honoured with two prestigious awards (Best Batsman and Best Player of the Tournament). The DSG Elle Tournament continues to serve as a platform to showcase the athletic prowess and camaraderie of Sri Lanka's tri-services.

National Boxing Championship – 2024

The 97th National Boxing Championship 2024 took place from 23rd to 26th of January 2025 at the Gall face Outdoor Stadium. A total of 92 sportsmen and 42 sports women took part in the tournament representing 25 sports clubs. Sri Lanka Army members displayed remarkable skill and performance, securing 07 gold medals and 04 silver medals across 13 weight categories. Their outstanding achievement earned them the Sergeant Selvadoreyi Memorial Trophy and the Muttayiah Saviour Rose Memorial Trophy for the best boxing team. Further the red team of the Sri Lanka Army earned 02 gold medals, 01 silver and 03 bronze medals securing second place on the medal chart.

Lance Corporal Dharmasena R M R of 7 Corps of Sri Lanka Engineers who competed in 54 Kg weight category won the award of "Most Outstanding Boxer" while Bombardier Jayawardane M M L P who competed in 48 Kg weight category won the "Best Loser Award".



Further, the female boxing team of the Sri Lanka Army also secure 03 gold medals, 05 silver medals and 03 bronze medals winning second place on the medal chart. Sergeant Priyadasdarshani of 3 (V) Sri Lanka Army Women's Corps who competed in under 52kg weight category won the award of the best sports woman. The Army Boxing team exhibited this victory under the guidance of the Major General A K Rajapaksha RSP, President of Sri Lanka Army Boxing Team.

COMIC CORNER

Why did the soldier bring a pencil to the shooting range?
Because he wanted to draw some fire!



How do you know a drill sergeant is telling a joke?
You'll be too scared to laugh!



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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BELLATOR ADDRESS

Bellator
Directorate of Media and Psychological Operations
Army Headquarters
Sri Jayawardenepura, Sri Lanka.

EMAIL

slarmymedia@gmail.com
ranaviruwa@yahoo.com

TELEPHONE

+ 94 011 2993076

READ ONLINE



PUBLICATION

Directorate of Media and Psychological Operations
Sri Lanka Army



Sniper Course at MSTS Concludes with a Grand Ceremony



The Passing Out Parade (POP) and Badge Awarding Ceremony of the Sniper Course - 22 was held on 25th January 2025 at the Marksmanship and Sniper Training School (MSTS), Diyatalawa with the participation of Major General D K S K Dolage USP nps psc, Commander of the Security Forces (Central), as the Chief Guest.

Five Officers, eleven Other Ranks, and six Other Ranks from the Maldives qualified as snipers. Brigadier R P Munipura RWP RSP, Commandant of MSTs marked the conclusion of the event with the closing address





*The heroic
memories.....*

Freedom awaited counting fingers...

*When the North burned in conflict,
the South waited with deep anticipation,
yearning, the war would finally end.*

*Across the nation,
people gathered around televisions and radios,
dreaming the long-awaited moment of peace.
With each passing day,
as the strongholds of terrorism dwindled,
the heroic soldiers marked the days until victory.*

*Similarly, the civilians,
the soldiers too longed for a resolution
that would bring lasting peace.
As the humanitarian operation neared its final
countdown,*

*A renewed sense of hope bloomed
within every War Hero
with a strong belief; the dawn of peace
was not far away.*

*From where they entered,
they knew, they would meet at one
point during this journey.*

*When freeing the land step by step,
they knew, all will soon come under
one flag.*

*The solid counting days of the
calendar showcased
the deep hope that they yearned for.*