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BELLATOR

R A N A V I R U W A



COMMANDER OF THE ARMY EARNS HONOURS FROM THE BHARATH

The Sri Lanka - India Defence Dialogue Held in Colombo

The Sri Lanka - India Defence Dialogue was held on 05 June 2025 at the Defence Headquarters Complex at Sri Jayawardanapura, Kotte. The Sri Lankan delegation led by 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, Defence Secretary and the Indian delegation led by Mr. Rajesh Kumar Singh, the Indian Defence Secretary, participated in the dialogue.



The high-level dialogue focused on strengthening bilateral defence cooperation, enhancing maritime security and exploring new avenues for collaboration in training and strategic engagement. Senior officials from both sides participated in the discussions, reaffirming the longstanding defence partnership between Sri Lanka and India. The Indian Defence Secretary also met Major General K P Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc Deputy Minister of Defence.



SLMA Inaugurates Indo-Lanka Friendship Reading Section

Marking a historic milestone, the Sri Lanka Military Academy (SLMA) inaugurated the Indo-Lanka Friendship Reading Section on 06 June 2025 with the aim of strengthening bilateral ties and promoting academic and cultural exchange between Sri Lanka and India. Mr. Shri Rajesh Kumar Singh, Defence Secretary of India and Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the event as the Chief Guests.

Thereafter, the Guests also officially unveiled the newly constructed horse statue. The Guests then toured the library premises and shared their thoughts with the Officer Cadets. The Commander of the Army also exchanged mementos with the participants to mark the occasion.





Commander of the Navy Visits Commander of the Army

Vice Admiral B A K S P Banagoda RSP, USP, ndc, psc, MMaritimePol, MBA in HRM, PG Dip in HRM, BMS, Dip in Mgt, AFIN, JP (Whole Island), Commander of the Sri Lanka Navy, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, on 25 June 2025 at Army Headquarters. The troops of the Sri Lanka Army Headquarters warmly welcomed the visiting Commander of the Sri Lanka Navy according a Guard Turnout.



Thereafter, both dignitaries then engaged in a cordial discussion on matters of mutual interest, particularly focusing on the vital roles played by the Sri Lanka Army and Navy in strengthening national security. They exchanged views on fostering inter-service cooperation, enhancing joint operational readiness, sharing strategic resources and expanding collaboration in maritime and land-based security operations.

Commander of the Army Appreciates the Achievers at the 26th Asian Athletics Championship



Athletes who represented the country at the 26th Asian Athletics Championship in Gumi, South Korea and delivered outstanding performances were commended by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at the Army Headquarters on 09 June 2025.

The Sri Lanka Army athletics team, comprising five female and six male athletes, was recognised for their commendable achievements. Among the achievers were Staff Sergeant Nadeesha R of 2 (V) Sri Lanka Army Women's Corps (SLAWC) and Private Uththara M H J of 2 (V) Sri Lanka Army Service Corps, who secured bronze medals in the Women's 4x400m Relay. Lance Corporal Wijesooriya W A M R of 2 (V) SLAWC set a new national record while finishing 6th in the 10,000m event. Warrant Officer II Kumarage H K K of 2 (V) Sri Lanka Electrical and Mechanical Engineers further brought honour to the Army by winning two bronze medals, one in the 400m and another in the 4x400m mixed relay. Commending the athletes for their dedication, discipline and exemplary representation of the nation, the Commander of the Army expressed his deep appreciation for their efforts.

Army Headquarters Marks World Environment Day 2025



To mark the World Environment Day, a special programme was held on 05 June 2025 at Army Headquarters under the theme 'Ending Plastic Pollution', in line with the Clean Sri Lanka initiative. Accordingly, the week from 30 May 2025 to 05 June 2025 was designated as the Environment Week to promote an environmentally friendly and sustainable society.

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. To symbolise the commitment to environmental preservation, the Commander planted 'Mee' saplings at the Light Vehicle Park of Army Headquarters. These 'Mee' saplings were planted to protect the water-sensitive areas surrounding Army Headquarters.

Further supporting this effort, Alliance Finance PLC donated 20,000 coconut and mango saplings and 500 of them were symbolically handed over during the event. These saplings were formally presented by the Commander of the Army to the representatives of respective Regimental Centres for further planting across military establishments.





Military Ceremonials Bid Farewell to Late General Hamilton Wanasinghe (Retd) VSV USP ndc

“The late General Hamilton Wanasinghe (Retd) VSV USP ndc, the 11th Commander of the Sri Lanka Army, rendered exemplary service during a critical period in the nation's history suffered by terrorism. His invaluable contributions continue to benefit the Sri Lanka Army to this day. Both his service and his legacy stand as a lasting milestone in the history of the Sri Lanka Army”.

A solemn military funeral was held on 15 June 2025 at the new crematorium of the General Cemetery, Borella, to bid farewell to the Late General Hamilton Wanasinghe (Retd) VSV USP ndc, one of the former Commanders of the Army. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, was present to pay his final respects and formally acknowledged the invaluable contributions of the late Commander of the Army. In accordance with military traditions, troops of the Sri Lanka Artillery received the remains with a ceremonial presentation of arms before placing the coffin, draped in the National Flag, onto a gun carriage. As the funeral procession advanced to the crematorium, Army personnel and family members formed a solemn cortege behind the coffin.

A Special Part I Order, issued by the Adjutant General of the Sri Lanka Army, was read aloud to those in attendance, reflecting the late General's service record and the nation's gratitude for his service. This was followed by a symbolic gun salute, the highest military honour accorded to a Fallen Senior Officer.

As a customary gesture of honour, the Commander of the Army presented the decorations and medals earned by General Hamilton Wanasinghe (Retd) VSV USP ndc during his exemplary military career to Major General Sanjaya Wanasinghe (Retd) RSP VSV USP VSP former Chief of Staff of the Army.



Commander of the Army Visits India

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, made an official visit to India at the invitation of General Upendra Dwivedi, Chief of the Army Staff of the Indian Army on 14 June 2025.

During the visit, the Commander of the Army held high-level meetings with key Indian defence leaders, including Defence Secretary Rajesh Singh, Chief of the Army Staff General Upendra Dwivedi, Chief of the Naval Staff Admiral Dinesh K. Tripathi, Air Chief Marshal Amar Preet Singh, Vice Chief of the Army Staff Lieutenant General Raja Subramaniam and General Officer Commanding-in-Chief, South Western Command, Lieutenant General Manjinder Singh. These discussions centred on bilateral and regional defence cooperation, strategic partnerships, and enhancing interoperability between the two armed forces.

As a special event of the visit, the Commander of the Army participated in the Passing Out Parade (POP) of Cadets as the Chief Guest at the Indian Military Academy (IMA) in Dehradun on 14 June 2025. The event held special significance for the Commander of the Army, an alumnus of the IMA, who was commissioned in 1990. He was warmly received by the Commandant of the IMA, Lieutenant General Nagendra Singh.

As part of the visit, the Commander of the Army also met Lieutenant General Devendra Sharma, Commander of the Indian Army Training Command (ARTRAC), to explore avenues for updating and enhancing military training exchanges and cooperation. Subsequently, he also paid tribute to India's fallen War Heroes at the National War Memorial in New Delhi, reflecting the shared military traditions and mutual respect between the two nations.

The visit served to strengthen and further deepen the longstanding defence and security ties between Sri Lanka and India, reaffirming a shared commitment to regional peace and stability.



Newly-Promoted Major Generals Meet Commander of the Army



Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, formally conferred the rank of Major General upon the newly promoted Senior Officers during a ceremony held on 16 June 2025. Major General K M V Kodituwakku, Major General H A M Premaratne ndc psc Lsc, Major General M W S Millagala RWP RSP USP Hdmc psc and Major General G C V Fernando ndc participated in the event.

Indian Army's DGSD Paid Courtesy Call on the Commander of the Army



Lieutenant General M P Singh, Director General Staff Duties (DGSD) of the Indian Army, paid a courtesy call on Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Sri Lanka Army on 05 June 2025 at the Commander's office at Army Headquarters.

Ambassador of the Republic of Türkiye to Sri Lanka and Maldives Meets Commander of the Army



The Ambassador of the Republic of Türkiye to Sri Lanka and Maldives, His Excellency Semih Lütfü Turgut, met Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, at Army Headquarters on 17 June 2025.

Major General D K S K Dolage USP nps psc of the Sri Lanka Engineers assumed duties as the 67th Chief of Staff of the Sri Lanka Army (the second most senior appointment in the Army) on 26 June 2025 at the Army Headquarters. The Senior Officer also holds the prestigious position of Colonel Commandant of the Corps of Sri Lanka Engineers. Prior to his current appointment, he served as the Commandant of the Sri Lanka Army Volunteer Force (SLAVF).



Major General Y A B M Yahampath RWP RSP ndu psc of the Sri Lanka Light Infantry assumed duties as the 47th Deputy Chief of Staff of the Sri Lanka Army (the third most senior appointment in the Army) on 26 June 2025 at the Army Headquarters. The Senior Officer concurrently serves as the Colonel of the Regiment of the Sri Lanka Light Infantry (SLLI). Prior to assuming his new role, he held the distinguished appointments of Commander, Security Forces (Jaffna).



Major General K V N P Premaratne RSP USP nps psc assumed duties as the 61st Commandant of the Sri Lanka Army Volunteer Force (SLAVF) on 26 June 2025 at the SLAVF Headquarters amidst formal military formalities. The Senior Officer also holds the position of the Colonel Commandant of the Sri Lanka Artillery (SLA). Prior to this appointment, he served as the Adjutant General of the Sri Lanka Army.



Sri Lanka Army Salutes the Outgoing Senior Officers



Sri Lanka Army bade farewell to Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, Chief of Staff of the Army and Major General A H L G Amarapala RWP RSP ndc psc, Deputy Chief of Staff on 02 June 2025 in a formal military ceremony.

During their military tenure spanning over three decades, the Senior Officers have rendered commendable service to the nation, including the post-war period. As exemplary leaders, they have fulfilled their duties and responsibilities with utmost dedication in every appointment they held. 'Bellator' Magazine extends its best wishes to both Senior Officers for their future endeavours.





Sri Lanka Army Physical Training Instructors Course 2025

The first term passing out ceremony of Officers and Other Ranks who followed the Physical Training Instructors courses at the Physical Training School in Panagoda was held on 19 June 2025 at the training school ground. Major General K D M L Samaradiwakara RWP RSP ndc psc, Director General Training graced the passing out parade of Physical Training Instructors courses as the Chief Guest.



Accordingly, 11 Officer Instructors of the Officer Physical Training Instructor Course - No 19, 10 Instructors from Advance Physical Training Instructor Course No. 49 and 100 Instructors from Assistant Physical Training Instructor Course No 134 earned their badges during the event.

An Awareness Workshop on Minimising Audit Observations



Following a conceptual layout of Major General H D L S Perera RWP RSP ndc, the General Officer Commanding, 22 Infantry Division, an awareness workshop on minimising audit observations was conducted at the 22 Infantry Division from 26 to 29 June 2025 at the 22 Infantry Division. 11 Officers and 64 Other Ranks participated in the workshop which was organised under the supervision of Directorate of Internal Audit.

MSTS Concludes Unit Coachers Course No. 51



The Marksmanship and Sniper Training School (MSTS) concluded the Unit Coachers' Course No. 51 on 18 June 2025. Six Officers and Twenty Eight Other Ranks representing Tri-Force participated in the event. Lieutenant Colonel S J G A M Subasinghe RSP USP, Commanding Officer of MSTS, graced the occasion as the Chief Guest. Captain L R Weeramanthri of the Corps of Engineer Services secured the first place in order of merit. Senior Officers and Other Ranks participated in the ceremony.

30th HR & IHL Course for Other Ranks Concludes at IPSOTSL



The Directorate of Legal Services, Human Rights & Humanitarian Law (Dte of Leg Svcs HR & IHL) conducted the Human Rights and International Humanitarian Law Course (Other Ranks) No. 30 from 05 May 2025 to 04 June 2025 at the Institute of Peace Support Operations Training Sri Lanka (IPSOTSL), Kukuleganga.

A total of 37 Other Ranks from the Tri-Forces, comprising 29 from the Sri Lanka Army, 04 from the Sri Lanka Navy, and 04 from the Sri Lanka Air Force, successfully completed the course. The training aimed to enhance the professional knowledge and comprehensive understanding of the concepts of Human Rights and International Humanitarian Law for the personnel in armed forces. Brigadier Y M S C B Jayathilake RSP USP, the Commandant IPSOTSL, graced the ceremony as the Guest of Honour. Corporal N S Gamage of the Commando Regiment secured the first place in Order of Merit. The event concluded with the closing remarks of Colonel K A P Kuruppu USP, the Director of Dte of Leg Svcs HR & IHL.



Basic Lifesaving Course No. 24 Concluded at 21 Infantry Division



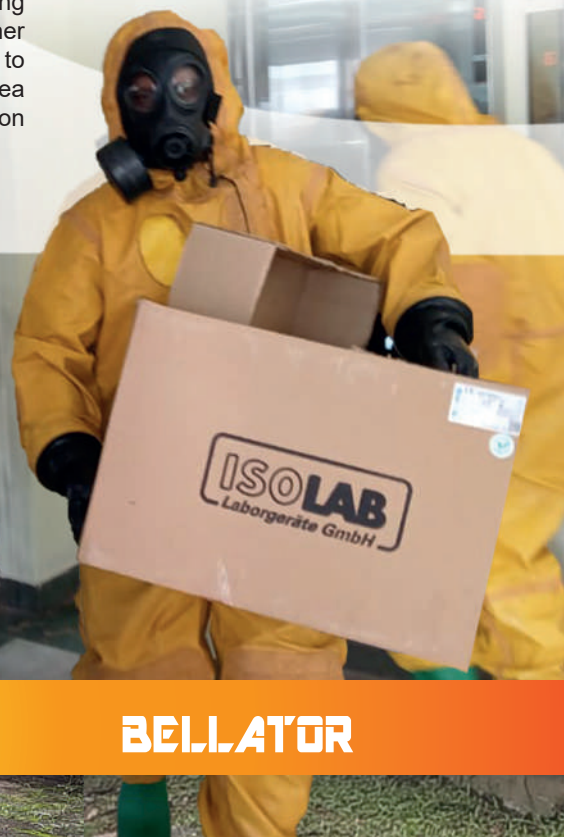
The Basic Lifesaving Course No. 24 was held under the directions of Major General K M P S B Kulathunga RSP ndc psc, Commander, Security Forces (Wanni) from 11 June to 21 June 2025 at the 21 Infantry Division swimming pool in Anuradhapura with the participation of 25 Other Ranks. Major General W W M P W W B R Palamakumbura RWP RSP, the General Officer Commanding of 21 Infantry Division graced the event as the Chief Guest. S/H 102764 Private Gunasekara J M U Y M of the 2 (V) Vijayabahu Infantry Regiment was awarded the title of Best Student in recognition of his outstanding performance during the course. Further, all the participants received the CPR Certificate.



Army Assists to Prevent Chemical Leak at University of Sri Jayewardenepura

In response to a request from the University of Sri Jayewardenepura to the Disaster Management Centre and under the guidance of the Commander of the Army, the 14 Chemical Biological Radiological Nuclear and Explosive (CBRNE) Response Regiment deployed a specialised response team to address a suspected chemical leak at the university's microbiological laboratory with the technical support of the National Authority for the Implementation of the Chemical Weapons Convention (NACWC) with the cooperation of the Colombo Fire Brigade on 16 June 2025.

A response team consisting of Officers and Other Ranks were dispatched to the site to secure the area while minimising disruption to university operations.



Army Assists in Disaster Relief



Following the recent adverse weather conditions and strong winds, Balangoda Central College and several nearby buildings sustained significant damages. In response, troops of the 18th Battalion of the Sri Lanka National Guard promptly engaged in clearing operations on 12 June 2024.



Troops of the 5th Sri Lanka Engineer Regiment and the 1st Sri Lanka Ordnance Corps promptly assisted to prevent the fire that erupted on 4th June 2025 at the Devmini Timber Store, located near Bokundara Junction in Piliyandala.



Demonstrating swift and effective response to an emergency situation, troops of the 2 (Volunteer) Sri Lanka Sinha Regiment successfully rescued a group of individuals stranded in the Hanthana mountain range during a hiking expedition in the evening of 29 June 2025.





Troops of 16th Contingent SLFPC Departs for UN Peacekeeping Assignment in Lebanon

The 16th contingent of the Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL) departed for Lebanon on 02 July 2025 amidst greetings and best wishes. The 16th SLFPC contingent is composed of 121 Army personnel, including 07 Officers and 114 Other Ranks from the Sri Lanka Army. It is commanded by Lieutenant Colonel Y S H N P Silva USP psc of the Gajaba Regiment, with Lieutenant Colonel B M A I U Obayasena USP psc of Mechanized Infantry Regiment as the Second in Command.

Major General U K D D P Udugama RWP RSP USP ndc psc, Colonel of the Regiment of the Gajaba Regiment, Brigadier C D Wickramanayake WV RSP ndc, the Director Movement and Brigadier M K D P Mapalagama psc, Director Overseas Operations along with few more Senior Officers were at the airport to extend best wishes on behalf of the Commander of the Army and to see them off to Lebanon.



The 15th contingent of the Sri Lanka Force Protection Company (SLFPC) in the United Nations Interim Force in Lebanon (UNIFIL) returned to the island on 02 July 2025, upon completion of their tour of duty in the UNIFIL. The 15th SLFPC contingent commanded by Lieutenant Colonel D K D Vithanage RSP VIR, consists of 11 Officers and 114 Other Ranks.



SLFPC Troops in Lebanon Showcase Culinary & Aesthetic Skills at UNIFIL Cultural Festival



The 15th Sri Lanka Force Protection Company (SLFPC) took part in the 'International Cultural Festival 2025' held at the United Nations Interim Force in Lebanon (UNIFIL) Headquarters in Naquora on 28 May 2025. The Sri Lankan stall featured traditional food varieties and beverages prepared by SLFPC troops. The cultural and calypso team entertained the audience with Sri Lankan folk dances and musical performances during the event. The Head of Mission and Force Commander, UNIFIL, Lieutenant General Aroldo Lázaro Sáenz, graced the event. The Contingent Commander of 15th SLFPC, Lieutenant Colonel D K D Vithanage RSP VIR and fellow peacekeepers represented Sri Lanka at the event.





Dry Ration Pack Donation Programme

The 11 (V) Battalion of the Sinha Regiment organised a dry ration and lunch packet donation programme for expecting mothers on 23 June 2025 in Kokkadicholei area under the guidance of the Commander, Security Forces (East) and the supervision of the General Officer Commanding, 24 Infantry Division. The event was held to support low-income families in the area. Brigadier K M U P Kalupahana USP psc, the Commander, 243 Infantry Brigade, Officers, Other Ranks and local civilians took part in the programme.



School Accessories and Library Books Donation Programme

The 9th Battalion of the Vijayabahu Infantry Regiment, deployed under the 222 Infantry Brigade, organised a school accessories and library book donation programme on 24 June 2024 at Kanthale Gamini Primary School in Sirimangalapura. Mrs. Bagya Veerasinghe and Mr. Raguaran Jayachandran extended the financial generosity for the programme. The Commander, 222 Infantry Brigade, Officers, Other Ranks, school staff and local civilians attended the event.





Troops of 6 Gemunu Watch Distribute Coconut Saplings among Needy Families

A community programme was organised in line with the 'Victory Day' of May, in celebration of eliminating the 30 year prolonged ruthless terrorism with the participation of the troops of the 6th Battalion of the Gemunu Watch (6 GW) on 12 June 2025. Accordingly, 150 coconut saplings were distributed among needy families in Sugandipuram, Mullaitivu, under the supervision of Lieutenant Colonel G G N Wijesooriya RSP USP psc, the Commanding Officer of 6th Battalion Gemunu Watch at the Sugandipuram Grama Niladhari Office. Nearly 150 coconut saplings were distributed among 15 families in the area.



Troops of 1 SLRC Conduct Donation Programme



In commemoration of fallen War Heroes, the troops of the 1st Battalion Sri Lanka Rifle Corps (1 SLRC) conducted a rice donation programme for civilians in Pallekelle on 10 June 2025 at the 1 SLRC premises with the financial generosity of the philanthropists in the area. During the programme, 2,600kg of rice were distributed among 1,075 civilians. Senior Officers and Other Ranks participated in the event.



Dry Ration Distribution Programme

In commemoration of 'Victory Day' in May, the 6th Battalion of the Sri Lanka National Guard, under the patronage of Major K N C De Silva, Commanding Officer, 6th Battalion of the Sri Lanka National Guard, organised a dry ration distribution programme on 13 June 2025. The initiative benefitted low-income families residing in the villages of Anandapuram and Thevipuram.



New House Vested in Needy Family in Hanwella

Troops of the 1st Reconnaissance Regiment of Sri Lanka Armoured Corps constructed and vested a new house for a deserving resident of No 181/C/4, Kaluaggala, Hanwella, on 11 June 2025 through the coordination of Major General (Retd) Anil Peiris. Major General M S Devapriya USP ndc, Colonel Commandant of the Sri Lanka Armoured Corps vested the house to the beneficiary Mr. Handapangodage Don Dulip Priyantha during a simple house warming ceremony. Senior Officers and residents in the area participated in the event.



Troops of 7th Battalion of the Gemunu Watch constructed and vested a newly constructed house to Mr. Gamini Amarasinghe and his family in Punani on 29 June 2025. The project was made possible through the generous sponsorship of Mrs. Niluka Alkaduwa, Chief Inspector of Police Mr. Lasantha Bandara, Mr. Sanjaya Edirisinghe and Mrs. Anuradha Nanayakkara.

Major General J S B W Pallekumbura RWP RSP ndu psc, the Commander Security Forces (East), General Officer Commanding of the 23 Infantry Division, Commander, 233 Infantry Brigade, Officers, Other Ranks and Police Officers participated in the event.





In order to strengthen the reconciliation between civil society and Sri Lanka Army, the 11th Battalion Sri Lanka National Guard has commenced a construction work of the new house for Mrs. Irfana residing at 14/C, Ampara Road, Illuchchena, Akkaraipattu of Alim Nagar Grama Niladhari Division of Akkaraipattu Divisional Secretariat Division on 24 June 2025.

Commander, 241 Infantry Brigade, Divisional Secretary, Akkaraipattu, Grama Nilahari of the Area, Officers and Other Ranks participated in the event.

Troops Assist the Devotees



The Annual Wattapalai Kannaki Kovil festival was held from 06 to 10 June 2025 with the participation of nearly four hundred thousand devotees. Under the directions of Major General D R N Hettiarachchi RWP RSP USP, General Officer Commanding, 59 Infantry Division, the troops organised a 'Coriander and Bun Dansela' for the devotees on 09 June 2025. Concurrently, they organised a Medical Camp covering all days for the devotees.

Celebrating International Environment Day



Under the direction of Colonel M S P Bandara, Commander, 561 Infantry Brigade with the supervision of the Colonel D T N De Soysa WWV RWP RSP Commanding Officer, 10th Regiment Sri Lanka Artillery, a sapling plantation programme was organised concurrently with World Environment Day on 06 June 2025 at Palinagar National School premises with the participation of the troops, students and the teachers.

Blood Donation Programmes



The 12 Battalion of the Sri Lanka National Guard organised a blood donation programme on 09 June 2025 at its unit premises in Periyawattuwan. Troops of the 12 Battalion of the Sri Lanka National Guard launched the community initiative in coordination with Major H M V P Herath, Commanding Officer, 12 SLNG and Blood Transfusion Centre.



11 (V) Sri Lanka Sinha Regiment organised a blood donation camp together with its Commanding Officer and Other Ranks on 29 June 2025 in Batticaloa. The event was held to strengthen the civil- military cooperation.



In commemoration of National War Heroes Day and World Blood Donor Day, the 543 Infantry Brigade organised a blood donation campaign on 14 June 2025 in collaboration with the Mannar District General Hospital Blood Bank. The programme was held under the guidance of Major General A M C P Wijayarathne RWP RSP nps psc, General Officer Commanding, 54 Infantry Division with the participation of Mr. Pradeepan, the Divisional Secretary.



Dr. M H M Asath, Director of the Mannar District General Hospital delivered a special lecture acknowledging the importance of donating blood. K N A Roy, the Branch Manager of Alliance Finance, also participated in the programme organised under the directions and supervision of Colonel H S W K Galhenage RWP RSP, Commander, 543 Infantry Brigade. Nearly 125 soldiers from the 54 Infantry Division took part in the programme.



A blood donation campaign was organised with the participation of troops of 211 Infantry Brigade, 9 Gajaba Regiment and 5 (V) Gajaba Regiment at the Padaviya Hospital on 07 June 2025. The programme was held under the supervision of Brigadier T D P Siriwardane psc, Commander, 211 Infantry Brigade and hospital staff of the Padaviya Governemnt Hospital extending their assistance to the programme. The event was held in line with the 46th Blood Donation Programme of the Royal College.



Troops of the 5th Battalion Sri Lanka National Guard organised a blood donation programme on 17 June 2025 at Thanthirimale Viharaya premises. Members of the Sri Lanka Army and civilians in the area took part in the community programme.



A blood donation programme was conducted at Maradankeni Hospital on 15 June 2025 under the guidance of Major General Y A B M Yahampath RWP RSP ndu psc, Commander, Security Forces (Jaffna), under the supervision of Major General M N Fernando RSP, General Officer Commanding 52 Infantry Division and Colonel J A C Karunathilaka RSP USP, Commander, 522 Infantry Brigade. This initiative was organised in response to the critical shortage of blood supplies in hospitals across the Northern Province.

Major R M T S Alahakoon, Overlooking Commanding Officer of the 10 (V) Vijayabahu Infantry Regiment, organised the programme and forty-four soldiers, five civilians and 03 Policemen volunteered to donate blood during the campaign.



The 10th Battalion Sri Lanka Light Infantry conducted a blood donation programme at camp premises Palinagar on 16 June 2025 in commemoration of the Fallen War Heroes of the nation together with the District Hospital, Kilinochchi on 16 June 2025. The community programme was implemented under the directives of Colonel M S P Bandara USP psc, Commander 561 Infantry Brigade, with the coordination and supervision of Lieutenant Colonel D N T De Zoysa WWV RWP RSP, Commanding Officer, 10th Battalion Sri Lanka Light Infantry.



The Directorate of Veterans Affairs & Rehabilitation in collaboration with 306 C Sinha Club organised a medical camp for disabled and serving military personnel on 27 June 2025 at Army Base Hospital, Kandy. The initiative aimed to address the healthcare needs of Army veterans residing in the Central Province.

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), graced the occasion and donated 27 wheelchairs and 240 pairs of crutches for the differently-abled War Heroes.

The event catered to over 2,500 beneficiaries including differently-abled soldiers, retired personnel, inmates and the family members of War Heroes facing medical challenges. The medical camp included medical consultations, prosthetic maintenance, dermatology and dental clinics, mental health counselling and nutritional guidance.



Medical Camp for Differently – abled Veterans



Medical Camp for War Heroes in Central Province



Following the conceptual notion of Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army to address the healthcare needs of veterans residing in the Central Province, a medical camp was organised for nearly 2,000 retired and serving Army personnel and their family members as the fifth stage of the programme on 27 June 2025 at the Army Base Hospital, Kandy.

The Commander of the Army, along with Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU), graced the occasion as the Chief Guests.



The ASVU donated 20 wheelchairs while the Rotary Club donated 02 wheelchairs during the event. Further, a mobile dental and eye clinic was also conducted with the coordination of the Sinha Club under the guidance of the President of ASVU. As a part of the event, all the participants received lunch.



Series of Lectures on the Army Welfare

The Directorate of Army Welfare initiated a series of welfare programmes aimed at enhancing the well-being of Army personnel. In light of the observation that many members remain unaware of the available welfare services, a comprehensive awareness campaign was launched under the guidance of the Commander of the Army and the supervision of the Directorate of Army Welfare. The programme was conducted under two phases across the island.

Phase I of the campaign was held from 29 April to 02 May 2025, covering the 1 Corps, Jaffna, Security Force Headquarters (Wanni) and 21, 51, 52, 55 and 56 Infantry Divisions. Officers and Other Ranks from various branches actively participated in the sessions.

Phase II was conducted from 20 to 23 May 2025 at the Military Intelligence Corps, Battalion Training School, Vedithalathivu, Air Mobile Training School, Nikawewa, 21 and 53 Infantry Divisions, along with several regiments, training schools and units. A total of 151 Officers and 3,259 Other Ranks attended the sessions physically, while 28 Officers and 821 Other Ranks joined via virtual platform.

The awareness lectures were delivered by Lieutenant Colonel D P K De Silva RWP RSP, General Staff Officer (Operations), Major U M Herath (Retd), General Staff Officer II (Suwasahana), and Major M K S Morawaka, General Staff Officer II (Compensation).



Differently-abled War Heroes Visit 59 Division



Following a conceptual notion of the Major General K M P S B Kulathunga RSP ndc psc, Commander, Security Forces (Wanni) with the supervision of 59 Infantry Division a visit of a group of differently-abled War Heroes to 59 Infantry Division area was organised on 28 June 2025 with the aim of breaking the monotony of their daily lives, uplifting their morale. 05 Officers and 38 Other Ranks of Abimansala - I engaged in the visit. During their visit, the War Heroes first paid tribute at the Puthukkudiyiruppu War Monument, honouring their fallen comrades who sacrificed their lives in the final battle. They also visited LTTE leader Prabhakaran's bunker and swimming pool, witnessing firsthand the locations where decisive moments of the humanitarian operation took place. The differently-abled War Heroes then received the refreshments from 593 Infantry Division. The visit further extended to War Heroes Monument at Wellamullivaikkal and Wellamullivaikkal lagoon.



EXCELLENCE

ON PLAYGROUND

Army Players Shine Under 22 Asian Boxing Tournament – 2025



Under 22 Asian Boxing Tournament was held from 12 May to 23 May 2025 at the Sugathadasa Indoor Stadium in Colombo. A total of 243 participants from 24 countries took part in this tournament and the players representing the Sri Lanka Army.

Marking the victory, Lance Corporal Perera H K N of the 3 Sri Lanka Army Women's Corps (SLAWC) and Private Dasunpriya K W S M A of the 3 Sri Lanka Army Service Corps secured Bronze Medals. Private Narasinghe N M M of the 7 SLAWC secured a Silver Medal.

The Army players participated in the event under the guidance of Major General P K W W M J S B W Pallekumbura RWP RSP ndu psc, Chairman of the Army Boxing Team.



Softball Cricket Tournament at 243 Infantry Brigade Headquarters



With the aim of developing cooperation between troops, a softball cricket tournament was held at 243 Infantry Brigade Headquarters on 05 June 2025 at the 243 Infantry Brigade Headquarters. 16 Sri Lanka National Guard emerged as champions of the tournament, defeating the 243 Infantry Brigade Headquarters team. The event was held under the direction of Brigadier K M U P Kalupahana USP Commander, 243 Infantry Brigade.

Colour Sergeant Silva A D C RSP of 243 Infantry Brigade was awarded as the 'Best Batsman' of the match and Lance Corporal Gunasekara H A I P - 11 (V) Sri Lanka Sinha Regiment was awarded as the 'Best Catcher'. The award for the best bowler of the tournament was won by WO - II Priyadarshana W A N - 16 Sri Lanka National Guard.

Army Athletes Shine in Thailand Open Track and Field Championship



Thailand Open Track and Field Championship – 2025 organised by the Thailand Athletics Association was held on 22 June 2025 at Pathumthani, Thailand. Earning pride to the Nation, Corporal Chathuranga G R of 6 Gemunu Watch secured two Gold Medals and Corporal Ahamed M N S of 2 (V) Sri Lanka Electrical and Mechanical Engineers secured a Bronze Medal. Lance Corporal Vakson V of 2 (V) Sri Lanka Light Infantry secured a Gold and Silver Medal and Private Hapuarachchi H W K of 2 (V) Sri Lanka Army Women's Corps secured a Silver Medal. The Army players participated in the event under the guidance of Major General B G S Fernando USP, Chairmam of the Sri Lanka Army Athletics Committee.



Sri Lanka Army Sepaktakraw Teams Clinch National Championship Titles



The National Sepaktakraw Championship, organised by the Sri Lanka National Sepaktakraw Federation, concluded on 15 June 2025 at the Puttalam Municipal Council Indoor Stadium. During the event, the Sri Lanka Army Men's and Women's Sepaktakraw teams emerged as champions. The teams competed under the guidance of Major General K J N M P K Navarathne RWP RSP, Chairman of the Army Football Committee. Senior Officers and Other Ranks participated in the event.



Security Forces (Wanni) Commander's Challenge Trophy Volleyball Tournament – 2025



With the aim of fostering sportsmanship and enhancing volleyball skills among both civil youth and military personnel in the Mannar District, the 'Security Forces (Wanni) Commander's Challenge Trophy Volleyball Tournament - 2025' was conducted on 20 May 2025 at the Mannar Urban Council Indoor Stadium with the participation of 5 sport teams representing 5 Divisional Secretariat Divisions.

During the finals, a team of 54 Infantry Division and Mannar Urban Council Team competed.

Major General K M P S B Kulatunga RSP ndc psc, the Commander Security Forces (Wanni) provided guidance for this initiative and concept which was implemented by Major General A M C P Wijayaratne RWP RSP nps psc, the General Officer Commanding, 54 Infantry Division, with the supervision of Brigadier I P Jayasinghe RWP, Commander, 541 Infantry Brigade. The event was organised with the active involvement and support of the under-command battalion of the 541 Infantry Brigade. Adding to the significance of the occasion, an exhibition match was held between the Mannar District Women's Volleyball Team and the Army Women's Volleyball Team. Major General K M P S B Kulatunga RSP ndc psc, Commander, Security Forces (Wanni), graced the final event as the Chief Guest and Mr. K Kanakeswaran, District Secretary of Mannar also attended the event along with the Senior Officer.

Army Athletes Shine at National Muaythai Championship - 2025



Sri Lanka Army Muaythai athletes secured their third consecutive victory at the National Muaythai Championship - 2025, clinching 17 Gold medals, 16 Silver medals and 22 Bronze medals on 05 June 2025 at Sugathadasa Indoor Stadium, Colombo.

Lance Corporal Kodithuwakku K G C S D of the Sri Lanka Electrical and Mechanical Engineers secured the 'Best Male Boxer' title while in the women's division, Private Thilakarathna W G C J of the Sri Lanka Army Women's Corps was awarded the 'Best Female Boxer' title. Government officials, representatives from the Royal Thai Embassy, Officers and Other Ranks of the Sri Lanka Army and other competitors participated in the event.





Medical Clinic from 5 (V) Mechanized Infantry Regiment



Troops of the 5 (Volunteer) Mechanized Infantry Regiment, in collaboration with its members, organised a comprehensive medical outreach programme at the Wellankulama Government Tamil School on 07 June 2025. The initiative featured a range of services, including a general medical clinic, eye examinations, dental screenings, mental health consultations, nutritional assessments and blood testing, benefiting the residents of the Mantheyi (West) Divisional Secretariat in the Mannar District. Major General A M C P Wijerathne RWP RSP nps psc, General Officer Commanding of the 54 Infantry Division, Brigadier I P Jayasinghe RWP, Commander of the 541 Infantry Brigade, the Assistant District Secretary, government officials, civilian attendees, Officers and Other Ranks attended the event.

61 Infantry Division Celebrates its 17th Anniversary



The 61 Infantry Division celebrated its 17th Anniversary on 30 May 2025 at the Division Headquarters, Boossa with a series of events. As a special segment of the programme, a lunch was served for 50 inmates of the Galle Sambodhi orphanage, who are with intellectual and physical disabilities on 27 and 28 May 2025. Troops of the 61 Infantry Division joined the event under the direction of Major General K T P De Silva RSP ndu psc, the General Officer Commanding, 61 Infantry Division. Cleaning the garbage through Shramadana campaign, cleaning the buildings, restoring the electricity system, cleaning the residential inmates of the orphanage, providing medical assistance were among the activities. The event was culminated providing the inmates with a delicious lunch treat along with a calypso entertaining session.

Stress Management Lecture at 22 Infantry Division



Following a conceptual layout of Major General H D L S Perera RWP RSP ndc, General Officer Commanding, 22 Infantry Division, a lecture on stress management was conducted with the participation of 100 Other Ranks serving at the 22 Infantry Division and under command units on 26 June 2025. Mr. Ironne Jayasekara, Training Officer at the National Institute of Social Development, conducted the lecture.

Islandwide Poson Highlights

Sri Lanka Army Volunteer Force

Sri Lanka Army Volunteer Force organised a Sheela Samadhi Programme in collaboration with Army Buddhist Association under the directions of Major General D K S K Dolage USP nps psc, Commandant, Sri Lanka Army Volunteer Force at Sri Maha Bhodhirajaramaya on 10 June 2025.



Security Force Headquarters (Wanni)



Under the directions of Major General K M P S B Kulathunga RSP ndc psc, Commander, Security Forces (Wanni), troops of the Security Forces (Wanni), organised a series of Poson events in the area. Accordingly, Ruwanweli Maha Seya, Abhayagiriya, Lankaramaya and Thuparamaya religious sites were cleaned and a danselas was organised at Sandahiru Seya premises for the devotees.

Security Force Headquarters (East)



In line with the Poson Full Moon Poya Day, Security Force Headquarters (East) organised a Bodhi Pooja and Dansela in its premises. Venerable Delvota Mettakara Thero conducted the Dhamma Sermon highlighting the importance of the day. Senior and Junior Officers and Other Ranks and Civil Staff took part in the religious event.

Security Force Headquarters (West)



The members of the Army Married Officers' Quarters in Kendalanda organised an Ice Cream and Milk Tea Dansela on 11 June 2025. Adjutant General Major General K V N P Premarathna RSP USP nps psc, Colonel of the Regiment, Sri Lanka Artillery, Major General U K D P Udugama RWP RSP USP ndc psc, Commander, Security Forces (West) and Several Other Senior Officers of the Security Forces (West) visited the dansela.

Security Force Headquarters (Central)



In celebration of the Poson Full Moon Poya Day, a Dansela was organised on 11 June 2025 with Officers and Other Ranks under the directions of Major General K A W N H Bandaranayake USP, Commander, Security Force Headquarters (Central) on 11 June 2025 in front of the Cafeteria.



Troops of the 23 Infantry Division organised a Bodhi Pooja, Dhamma sermon, Rice Dansela and Poson Lantern Exhibition.



59 Infantry Division organised a Coriander and Bun Dansela for the devotees visiting the Kannaki Amman Kovil.



Troops of the 21 Infantry Division organised a Jackfruit Dansela.



Troops of 122 Infantry Brigade organised a Manioc Dansela near the Original Apparel Factory-Weeravila.



Abimansala - II Suwasahana organised a mobile Bhakthi Gee Programme.



Medical Corps Seva Vanitha Branch organised a Dhamma Sermon, Rice Dansela and Ice Cream Dansela.



Mechanized Infantry Regiment organised a Vesak lantern Exhibition and Manioc Dansela.



Special Forces and Special Forces Seva Vanitha Unit together organised a Chick Pea and Milk Dansela.



241 Infantry Brigade organised an Ice Cream Dansela in front of the 241 Infantry Brigade Headquarters.



221 Infantry Brigade organised a Chick pea Dansela in front of the Gokanna Raja Maha Viharaya.



Troops of the 56 Infantry Division organised a Belimal, Chick Pea, Manioc and Coriander Dansela on 09 June 2025.



The Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC-SVB) organised a Chickpea Dansala on 11 June 2025 at the Bodhirajaramaya Temple.



Sri Lanka Light Infantry Seva Vanitha Branch organised a Manioc Dansela.



Sri Lanka Sinha Regiment Seva Vanitha Branch organised a Bun and Coffee Dansela.



8 Battalion of Sri Lanka National Guard organised a Sago Dansela near Sagama Junction.



2 (V) Gajaba Regiment organised a Sago Dansela.

Series of Donations from Army Seva Vanitha Unit



A donation programme was conducted on 04 June 2025 at the ASVU office with the aim of enhancing educational opportunities for children of War Heroes. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. The initiative was made possible through the generous sponsorship provided by Mrs. Subashini Weerasinghe. During the event, six tablets were donated to children of Army personnel who excelled in the 2024 G.C.E. Advanced Level Examination in the Mathematics and Science streams. Additionally, a laptop was donated to the daughter of a retired, differently-abled War Hero, currently pursuing her studies at the Faculty of Medicine.

Another donation programme was also conducted on 24 June 2025 at the ASVU office with the aim of enhancing welfare of Army personnel. During the programme, the Commander of the Army, officially handed over a Meridian Therapy machine, valued at Rs. 5 million, to the Director of the Directorate of Veteran Affairs and Rehabilitation. The equipment, intended for the neuro-rehabilitation of War Heroes at the Abimansala Wellness Resorts, was generously donated by Mr. Ong Wee Yean, a Chinese national, through the coordination of the President of the ASVU.

In addition, a donation of Rs. 100,000 was also made to support the daughter of late Major M G Wijesena, who is scheduled to participate in the Under-19 Netball Tournament in Australia. Additionally, a desktop computer was donated to Kehelovita Vidyalaya, Ratnapura, to support the study of Information Technology, as the school lacked such facilities. Financial assistance of Rs. 400,000 was granted to a War Hero residing at Abimansala 1 Wellness Resort as the initial instalment for house construction. Also a civil employee of the Directorate of Budget and Finance also received Rs. 200,000

Furthermore, five children of Army personnel were each granted Rs. 100,000 to support their medical treatments. A donation of Rs. 144,000 was provided to purchase milk packs for triplets of a Non-Commissioned Officer of the 5 Vijayabahu Infantry Regiment. Furthermore, Rs. 200,000 was donated to a soldier, Rs. 150,000 to three Army personnel, and Rs. 100,000 to one civil employee, under the second phase of the housing project.



A programme to donate laptop computers for three children of fallen and differently-abled War Heroes who excelled the GCE (Advanced Level) in Art and Science streams in Anuradhapura District in 2024 was held under the guidance of Mrs Swendrine Dissanayake, the President of the Army Seva Vanitha Unit (ASVU) on 09 June 2025 at the Jaya Sri Maha Bodhiya, Anuradhapura. Most Venerable Bhante K Gunarathena Thero extended the financial generosity for the programme. In addition, children of War Heroes undergoing treatment at Abimansala I and the on service were gifted essential school accessories. Mrs Swendrine Dissanayake, the President of the ASVU graced the occasion as the Chief Guest. Officers, Other Ranks and their family members participated in the event.

Commander of the Army and ASVU Chairperson Visit Pallekele Viru Kekulu Pre-school



The Commander of the Army and the Chairperson of the Army Seva Vanitha Unit (ASVU), engaged in an inspection visit to the Viru Kekulu Pre-school, Pallekele on 27 June 2025. Major General K A W N H Bandaranayake USP, Commader, Security Forces (Central), his spouse and General Officer Commanding of 11 Infantry Division also joined with the visit. During the visit, they toured the pre-school premises, engaged in a friendly interaction with the children and shared moments of joy with both students and staff. Further, they both offered valuable guidance and suggestions regarding the future development and enhancement of the pre-school's educational and infrastructural facilities.

President ASVU Witness the AWWA Activities

Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army together with Mrs. Swendrini Dissanayake, the President of Army Seva Vanitha Unit (ASVU), made an official visit to India from 10 to 15 June 2025 at the invitation of General Upendra Dwivedi Chief of Staff of Indian Army.

During the visit, the President, ASVU took part in the Army Wives Welfare Association (AWWA) programme organised by the Indian Army Wives of the Indian Army.



Later, the President, ASVU toured several welfare centres, starting with Asha School, which caters to children with special needs. She also observed at the crafts made by these children. The visit continued to the Aahwan Project, which focuses on items crafted by spouses of Indian Army personnel and concluded at the Vishwas Skilling Centre, governed by Asha School. These institutions are managed by the AWWA Committee, which supports the welfare of Indian Army families.



President ASVU Visits Abhimansala -I



Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU), paid a visit to Abimansala-1 Wellness Resort to see the differently-abled War Heroes in Anuradhapura on 09 June 2025. During the visit, the President, ASVU donated 29 wheelchairs and 05 crutches to enhance the mobility and comfort of the resident War Heroes as the second phase of this donation of medical equipment. Further, specialist doctors from Singapore and China, coordinated through ASVU President, extended medical treatments to the patients using meridian therapy, a specialised technique for neurological conditions. Officers and Other Ranks participated in the visit.

Further, a Spectacle Donation Programme was conducted on 18 June 2025 at Abimansala 3, Pangolla, with the sponsorship provided by the Rotary Club, Kandy. During the programme, spectacles were donated to 256 serving and retired Army personnel. In addition, 300 coconut plants were distributed and an electric wheelchair was donated for the use of resident War Heroes at the centre.

Foundation Stone Lays for Multipurpose Welfare Complex

Sri Lanka Corps of Military Police (SLCMP-SVB), laid the foundation stone for the proposed Multipurpose Welfare Complex at the Regimental Headquarters of the SLCMP in Polhengoda on 22 June 2025. Mrs. Swendrini Dissanayake, the President of the Army Seva Vanitha Unit (ASVU) graced the occasion at the invitation of Mrs. Iresha Perera, the Chairperson of SLCMP and laid the foundation stone to the premises. During the event, the President of ASVU donated wheelchairs to two SLCMP personnel in need and presented a gift voucher to a civil employee.



Additionally, the ASVU President donated essential furniture and equipment to the SLCMP-SVB. Major General U L J S Perera RSP USP ndu psc, the Military Secretary of the Sri Lanka Army and the Colonel Commandant of the SLCMP, the Chairperson of SLCMP, Officers members of SLCMP-SVB and Other Ranks participated in the event.



Series of Welfare Programme for Differently-abled War Heroes



Under the guidance of Mrs. Swendrini Dissanayake, President of the Army Seva Vanitha Unit (ASVU), a donation programme was conducted on 05 June 2025 at the ASVU office with the aim of enhancing the well-being of War Heroes. Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, Commander of the Army, graced the occasion as the Chief Guest. Mr K D G B K Fernando, Chairman of Aptech Investments, donated 20 wheelchairs worth Rs. 1 million to the ASVU for the benefit of differently-abled War Heroes. Additionally, Alliance Finance contributed 2000 saplings to the ASVU in line with World Environment Day.

Financial Aids from Seva Vanitha Branches



The Military Intelligence Corps Seva Vanitha Branch (MIC – SVB), under the guidance of its Chairperson, Mrs. Nilanthi Wijesooriya, visited Apeksha Hospital, Maharagama, on 14 June 2025 under the directions of the President of the Army Seva Vanitha Unit (ASVU). During the visit, essential medications valued at Rs. 250,000 were donated to the hospital.

A donation programme was held under the patronage of Mrs Apsara Peiris, Chairperson of the Sri Lanka Army Electrical and Mechanical Engineers Seva Vanitha Branch (SLEME - SVB) on 03 June 2025.

During the event, a sum of Rs. 165,000 was donated to the son of a Senior Non-Commissioned Officer currently serving in 1 SLEME, in support of a bone marrow transplant surgery scheduled to be conducted at the Lady Ridgeway Hospital for Children in Colombo.



Additionally, in appreciation of her outstanding achievements in sports, Miss Nethumini Umasha Rathsarani, daughter of a Non-Commissioned Officer serving at SLEME Headquarters (Colombo), was presented with a special gift. She had recently participated in a Taekwondo championship held in Japan and emerged victorious.

Donation for an Elders' Home



Members of the Military Intelligence Corps Seva Vanitha Branch, under the guidance of the Chairperson of the MIC-SVB, organised a monthly almsgiving programme for the elders at Warusavithana Elders' Home, Ambalangoda, on 31 May 2025. Mrs. Manori Ranaweera, sponsored the almsgiving.

Milk Packet Donation Drive



Baby milk packets were distributed to the triplets of two Non-Commissioned Officers of the Sri Lanka Sinha Regiment on 31 May 2025 by the members of the Sri Lanka Sinha Regiment Seva Vanitha Branch with the aim to support the nutritional needs of the infants of Corporal Somathilaka H B L of 3 (V) Sri Lanka Sinha Regiment and Lance Corporal Jayarathne P G I K of Sri Lanka Sinha Regiment.

Honouring the Parents of Fallen Heroes



The Gemunu Watch Seva Vanitha Branch (GW - SVB) organised a special commemorative ceremony, to honour the parents of fallen War Heroes, on 14 and 15 June 2025 at the Sri Maha Bodhiya and Ruwanweli Maha Seya in Anuradhapura. Major General W B J K Wimalaratne, Colonel of the Regiment, the Gemunu Watch also participated in the event together with Dr. (Mrs.) Dilrukshi Wimalaratne, Chairperson of the GW – SVB.

Empowering Young Minds



The Special Forces Seva Vanitha Branch (SF-SVB), conducted a donation programme under the direction of Mrs. Hansika Mahalekam, the Chairperson of SF - SVB, on 31 May 2025 at the Viru Muthu Pre-School in Mahamailakulam, Madukanda, Vavuniya.

Essential Items Distributed to Support Families in Need



In line with the Annual Programme of the Sri Lanka Army Service Corps Seva Vanitha Branch a welfare initiative was held to donate essential items for 68 civilian employees and their families serving at 3 SLASC and the Sri Lanka Army Service Corps School (ASCS). The programme concluded with a special lunch arranged for all attendees.

Donation Programme



The Sri Lanka Corps of Military Police Seva Vanitha Branch (SLCMP-SVB) conducted its Annual General Meeting, on 22 June 2025 at the Regimental Headquarters, Polhengoda. During the event, two wheelchairs were donated for two Non-Commissioned Officers served under SLCMP Regiment and vouchers for medical aid were also distributed among 58 civil staff members.

New Chairpersons of Regimental Seva Vanitha Branches



Mrs. Udari Anupama Gamage took over duties as the new Chairperson of the Gajaba Regiment Seva Vanitha Branch (GR-SVB) at the GR Regimental Centre premises on 26 June 2025. In line with the duty assumption, the new Chairperson of GR-SVB donated Rs. 25,000.00 to support the construction of a bathroom for a differently-abled War Hero.



Mrs. Kumari Pallekumbura, the newly appointed Chairperson of the Sri Lanka National Guard Seva Vanitha Branch (SLNG-SVB), took over duties on 30 June 2025 during a simple ceremony held at the SLNG Regimental Headquarters. Subsequently, a wheelchair was donated to the spouse of a Non-Commissioned Officer, who is currently undergoing treatments for cancer.



Mrs. Niroshika Karunapala took over the duties as the new Chairperson of the Sri Lanka Army Corps of Agriculture & Livestock Seva Vanitha Branch (SLACAL-SVB) on 26 June 2025 at the Regimental Headquarters of SLACAL.



Mrs. Sumangali Pathiravithana, the newly appointed Chairperson of the Sri Lanka Armoured Corps Seva Vanitha Branch (SLAC-SVB), took over duties on 20 June 2025 at the Regimental Headquarters of SLAC.

Financial Aid to Purchase Medicine



The Sri Lanka National Guard Seva Vanitha Branch (SLNG - SVB), conducted several welfare initiatives during June 2025. During the programme, medicines worth Rs. 70,000.00 was donated to Apeksha Hospital and financial support was extended for the purchase of medicines for three in-house patients.

An Educative Session on Breast Cancers



Corps of Engineer Services Seva Vanitha Branch (CES-SVB) organised a breast cancer awareness programme on 25 June 2025 at the Regimental Headquarters, Panagoda. Dr. Lanka Dissanayake and her team from the Indira Cancer Trust, Maharagama conducted the session.

The Pada Yatra, which starts at the Sellasannidhi Kovil in Jaffna in the north and follows the path of the Lord Kataragama through the Okanda Devala premises to the Kataragama Maha Devalaya in Ruhunu, is currently underway.

Starting from the Panama Okanda Devalaya, the foot procession passes through Kumana National Park, Yodha Lipa, Bagura Lagoon, Bird Sanctuary - Kumana, Kuda Kebiliththa, Kumbukkan Oya, enters the Yala National Park, passes through Gajaba Ground, Three Wells (Linthuna), Katupila Ara, Parana Thotupala (Manik Gaga) / Warahana Kadaura, Katagamuwa and reaches Kataragama. Although there is a lack of specific historical records about the origin of the foot procession, it is generally accepted that it is an ancient tradition that has been going on for centuries. Since ancient times, the Good Lord Kataragama has been considered the main guardian deity of Sri Lanka. Various communities, including the Sinhalese, Tamil, Muslim and the indigenous Veddahs have a deep devotion to the God Kataragama. This foot procession, especially among Hindu devotees, is known as the "Paramparagata Foot Procession". Even during the war of terror, this journey did not stop completely, but continued under certain restrictions. This shows the unbreakable strength of this tradition.

Traditionally, the foot procession begins from the seaside resort of Jaffna in the Eastern Province. Devotees gather in groups and set off on their journey with a strong faith in the God Kataragama. Before starting the journey, they perform ablutions. Many of them are dressed in yellow clothes and sometimes accompany the procession with drumming and kolam dancing. While those from Jaffna can spend ten days or more on the journey, others plan to complete the journey in four days. Both Tamil and Sinhalese devotees join this pilgrimage in large numbers and some consider the pilgrimage an eco-pilgrimage due to its scenic beauty.

The foot procession is an extremely difficult journey. It takes about 10 days and involves walking hundreds of kilometers. The route from Jaffna to Kataragama passes through forests, rivers, and difficult terrains. Devotees face extreme fatigue,



The Annual Kataragama Pada Yathra

hunger, thirst and other natural challenges but they endure all these because of their unwavering devotion and spiritual attachment to God Kataragama. Throughout this journey, the devotees lead a simple life. They eat simple food and rest in temples, villages and under trees. During the journey, they sing bhajans (devotional songs), pray to the Gods and engage in religious activities. This journey teaches them self-respect, patience and self-discipline.

It is true to say that this journey, which was extremely difficult in the past, is now less difficult than it was then. Various institutions have now come forward to facilitate the difficulties of this extremely difficult journey. Among them, the Sri Lanka Army is playing a special role. As per the instructions given by Lieutenant General Lasantha Rodrigo RSP ctf-ndu psc IG, the Commander of the Army, the Sri Lanka Army is playing a special role in this pilgrimage under the leadership of Major General Chaminda Galappatti, Commanding General of the 24 Infantry Division and Major General Vishwajit Vidyananda, Commanding General of the 12 Infantry Division.

The most difficult part of this journey is the section from Kumbukkan Oya to Katupilaara via Three Wells (Linthuna). The Army distributes drinking water to all the devotees covering this area. Also, 05 hospitals are operating 24 hours a day along

with the Army Medical Corps and civil organisations and the service provided by them is immense.

This also includes the Danselas (free-eatery) contributed by the Army. The Dansela provided near the Katagamuwa Reserve entrance holds a special place among them. Also, another Dansala is held at Katupilaara by the Sri Dalada Maligawa. The hospital operating in the Linthuna area is being planned by the Eastern Provincial Health Department and is being operated under the leadership of Community Health Specialist Dr. Alageiya Lataharan.

"We are a team of doctors who are running this health camp in Yala Linthuna. We only provide emergency treatment here. The Army is providing us with great support for this. We first started this medical camp in 2014 as a voluntary service of the Army".

The doctors here are participating in this camp after giving up their personal leave. We are doing this work amidst many challenges. We will continue to do this work no matter what challenges come. "We are constantly receiving support from the Army. This time there is more sun and wind than usual. Therefore, we can see more dehydration conditions. Another thing is that the number of people on the footpath this time is also more". said Specialist Dr. Alageiah Lataharan.

During the journey, unity and cooperation are striking features. Devotees belonging to different races and religions travel together and they help each other. This beautifully demonstrates the coexistence and religious tolerance that exists among the different ethnic groups in Sri Lanka. It can also be considered a cultural journey that fosters unity among the nations.

The peak of the pilgrimage is reached after leaving the Katagamuwa entrance and reaching the town of Kataragama. Devotees hope to get rid of the fatigue of the entire journey and seek the blessings of God Kataragama. They pay homage to the Maha Devalaya, Kirivehera, Sella Kataragama and other sacred places.

At that time, the Kataragama holy place, especially during the Esala Perahera, is filled with lakhs of devotees. The pilgrimage ends at the same time as the Kataragama Esala Perahera. After watching the Perahera, the devotees offer their vows, seek the blessings of the God and return to their homes. They believe that the spiritual satisfaction and peace gained through this journey will give them great strength in their lives after death.

Many people who have experienced this journey tell many stories about the God while enjoying the fire at night. They believe that the God Kataragama constantly roams this path in different guises. Those who join the footpath can meet people who have met the God Kataragama alive as a saintly sage dressed in a white robe and holding a stick with a white thalappa (cap) tied around his waist.

Vel Swami has told the writer about the cases of meeting the same person in several places in the same guise. During this journey, dangerous groups of monkeys are often encountered along the way and wild elephants are also encountered occasionally. Bears and leopards can occasionally be seen around the night shelter and hundreds of crocodiles can be seen in the rivers that are flooded with water.

However, everyone believes that the fact that none of these animals cause any harm to the pilgrims is a sign of respect for the devotees who go to see the God. This writer also had an experience with wild elephants in

the enclosure, and wildlife officials and Army troops were able to drive the wild elephants away and ensure the safety of the people staying in the enclosure at that time.

The writer has met devotees from a month old baby to a ninety year old during the pilgrimage. All of them have a strong faith in God Kataragama. A devotion. After passing through the forest path, the devotees who reach the third stop, Nawal Adiya, next encounter a path with water gorges.

These water bodies are full of crocodiles and are full of various kinds of animals. However, it is dangerous to travel through these water bodies, because there are huge crocodiles in this kingdom. But no devotee is afraid to travel through these waterways.

Mariamamma Sudevan, whom we met in the Warahana area, told us that;

"We are going to see our God Kataragama. We come after suffering. By that time, the Army prepared food for us. We will next go to Pullair Adiya Kovil. Only then will we go to Kataragama. We thank the military for their service. There are even hospitals that operate 24 hours a day this time. It is very valuable. Thank you for all of them".

All these people believe that the God Kataragama will protect them and their group. These beautiful people believe that during the foot march, the crocodiles in all the tanks are restrained by the Kanda Surindus and that no crocodile or any wild animal in these tanks can harm humans. That is why thousands of people cross these tanks without any fear, but in reality, at no time have they been harmed, which confirms this belief in God.

Dineshan, who joined the foot march from Valachchena, met us in the Linthuna area said. "I participated in the march from Valachchena. They come to the march from the Okanda Devalaya. There are many more of us. The Army gives food and medicine. The Army cook food in Katagamuwa. On the first day, we stopped for the night after covering 8 kilometres. Our elders told us that the facilities there were better than usual. On the second day, we stopped at the Kubukkana Pattani Temple. The facilities there were also very good. Then we stopped

here. It is the same here. They provide water every kilometre along the way. The army does the same thing. That programme is very good".

The Kataragama Pada Yatra has multiple significance in the social and cultural spheres of Sri Lanka. It provides a common platform that brings together people of different religious and national backgrounds. This promotes national unity and coexistence in the country.

Mr. Sugath Dharmapala, who joined the march from Panadura, spoke to us at the Katagamuwa entrance.

"We come from Okanda. It is not easy to provide facilities to these people. It requires a lot of effort. They provide water by placing bowers along the way. No one else except the Army can do this. The service provided by the Army is very valuable, especially the security. The Army guided us to protect us from the animals in the forest. The army provided good security in the small village.

Although we do not practice Tamil cultural rituals, we consider it a blessed opportunity to be involved in their religious activities. In fact, another thing that we saw during this foot march is that the contribution of the army is excellent.

When we arrived in Yala, we saw Army providing security to the people engaged in the foot march in this land full of elephants, tigers and bears day and night. They provided excellent service by providing drinking water to the foot march and we are happy about the excellent service of the Army".

The Pada Yatra is also part of Sri Lanka's unique cultural heritage. It is an ancient tradition that has been passed down from generation to generation. Since the journey takes place through forested areas, devotees have the opportunity to have a close connection with nature. This can directly or indirectly create awareness about environmental conservation.

The foot procession also contributes significantly to the local economy.

In a world filled with chaos, distractions and moral ambiguities, the call to purify one's heart is more relevant than ever. Purification of the heart is not merely a religious or philosophical ideal but a practical necessity for living a life of peace, purpose and clarity. A pure heart allows us to see the world clearly, relate to others genuinely and respond to challenges with wisdom and compassion. It is the seat of our deepest values, intentions and desires. Yet, just as the body gathers dust and needs regular cleansing, the heart which become polluted with pride, envy, anger, greed and hatred requires cleaning. Purifying the heart is an intentional and ongoing process in relation with self-awareness, discipline and a sincere commitment to growth.

Understanding the Heart

The concept of the "heart" goes beyond the physical organ. In many spiritual and philosophical traditions, the heart is seen as the core of a person's being as well as the center of emotions, intentions and moral judgment. In psychology, it relates closely to the subconscious mind, where much of our unprocessed emotions, traumas and beliefs reside. When the heart is unclean, our perception becomes distorted. We struggle with bitterness, comparison and restlessness. Conversely, when the heart is pure, life is experienced with peace, acceptance, and clarity.

Signs of an Impure Heart

Before beginning the purification process, it is crucial to recognise the signs of impurity. These include:



The Path to Inner Peace and Authentic Living

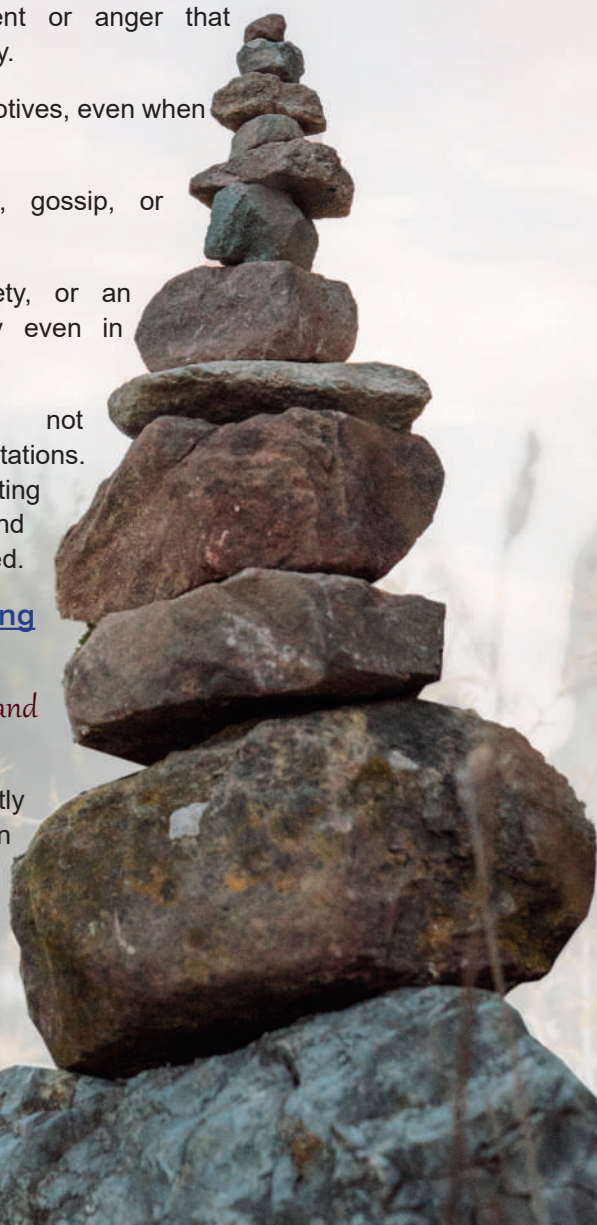
- Holding grudges and an unwillingness to forgive.
- Constant judgment of others and jealousy of their success.
- Harboring resentment or anger that resurfaces repeatedly.
- Acting with selfish motives, even when appearing generous.
- A tendency to lie, gossip, or manipulate.
- Restlessness, anxiety, or an inability to find joy even in blessings.

These signs are not condemnations but invitations. Further, the signals pointing to areas where healing and transformation are needed.

The Process of Purifying the Heart

1. *Self-Reflection and Awareness*

The first step is to honestly examine one's own thoughts, intentions and behaviours. Daily self-reflection through journaling or meditation allows us to confront the inner darkness we often ignore. This practice sheds light on pride, ego and





desires that lead us away from peace. Without awareness, there can be no change.

2. *Forgiveness*

One of the most powerful ways to cleanse the heart is to forgive. Holding onto resentment poisons the heart slowly. Forgiveness does not mean excusing harm or pretending something didn't hurt rather, it is the conscious decision to release the grip of bitterness for the sake of your own inner freedom. Forgive others, and equally important learning to forgive yourself.

3. *Humility*

A pure heart is a humble heart. It recognises its limitations, flaws and dependence etc. Humility makes room for growth. Surrendering the need to control everything and accepting life's uncertainties with grace is a form of purification in itself.

4. *Gratitude*

Gratitude softens the heart and opens it to joy. By intentionally focusing on what is good, pure and beautiful in life, we shift

the heart's posture from lack to abundance. This practice rewires our inner world, helping us to appreciate others, value ourselves, and resist envy.

5. *Compassionate Action*

The heart is not purified by thoughts alone. It requires right action. Engage in acts of kindness, serve others without expecting recognition, and give generously. When our actions align with love and justice, the heart begins to transform. Compassion and empathy replace ego and harshness.

6. *Guarding the Heart*

Just as we filter the food we eat, we must filter what we feed our hearts. The media we consume, the conversations we engage in, and the company we keep deeply influence our inner world. Avoiding toxic environments, negative speech, and unhealthy comparisons protects the purity of the heart. Choose to consume content that uplifts and inspires rather than pollutes and provokes.

7. *Spiritual Practices*

For those with faith traditions, practices such as prayer, scripture reading, chanting, or spiritual fasting can be powerful tools in purifying the heart. These rituals reconnect us with our deeper selves and realign us with divine guidance. Even for those who are not religious, mindfulness and contemplative silence can bring deep healing to the soul.

The Reward of a Pure Heart

A purified heart brings forth an extraordinary transformation in life. Relationships become more authentic. Purpose becomes clearer. The mind rests more easily. Emotional balance is restored. A pure heart sees others not as threats or rivals but as fellow travelers. It becomes a vessel of peace in a world that desperately needs it.

Importantly, the process is lifelong. The heart will continually face influences that can stain its purity. Yet, the commitment to ongoing cleansing is itself an act of love toward oneself and the world.



Algorithmic Warfare

Introduction

In the digital age, the nature of warfare is undergoing a paradigm shift driven by rapid technological innovation. Among the most significant developments is the integration of algorithmic systems into military strategy, operations and decision-making. Referred to as algorithmic warfare, this evolving concept defines the use of algorithms powered by artificial intelligence (AI) and machine learning (ML) to automate, augment and accelerate military functions. From drone targeting systems and cyber operations to strategic decision-making and predictive analytics, algorithmic warfare is revolutionising how wars are planned and fought. This article explores the definitions, nature and implications of algorithmic warfare, providing insights into its operational applications and ethical complexities.

Algorithmic Warfare

Algorithmic warfare can be defined as the use of computational algorithms to perform tasks associated with combat, surveillance, logistics, cyber operations and intelligence analysis with greater speed, precision, and autonomy than traditional human-led methods. These algorithms are often embedded in AI systems that learn from data, adapt to new information, and make decisions without direct human intervention.

The United States Department of Defense (DoD) formally recognised the significance of algorithmic warfare through Project Maven, an initiative launched in 2017. Project Maven aimed to integrate AI into military intelligence operations by developing algorithms capable of analyzing vast quantities of drone surveillance footage. As articulated by the DoD, the goal is to "accelerate DoD's integration of big data and machine learning into existing programmes" (Department of Defense, 2017). Thus, algorithmic warfare is not limited to kinetic operations but encompasses a broader framework where data, automation, and computational logic serve as core components of military power.

The Nature of Algorithmic Warfare

The nature of algorithmic warfare is multidimensional, involving the convergence of data science, machine intelligence, and traditional military doctrine. The following key features characterise its nature:

1 Data-Driven Operations

At the core of algorithmic warfare lies the capability to collect, process, and analyse large volumes of data from multiple sources. Intelligence, Surveillance, and Reconnaissance (ISR) platforms—such as satellites, UAVs (unmanned aerial vehicles), and cyber sensors—generate petabytes of data daily. Human analysts are incapable of processing this deluge in real-time, hence algorithms are employed to filter, prioritise, and interpret relevant information.

For instance, Project Maven enabled drones to autonomously identify vehicles and human targets in live video feeds, significantly reducing the cognitive burden on analysts. Similarly, the Israeli military has deployed AI-based systems like Fire Factory, which integrate data from battlefield sensors to optimise targeting and logistics.

2 Speed and Precision in Decision-Making

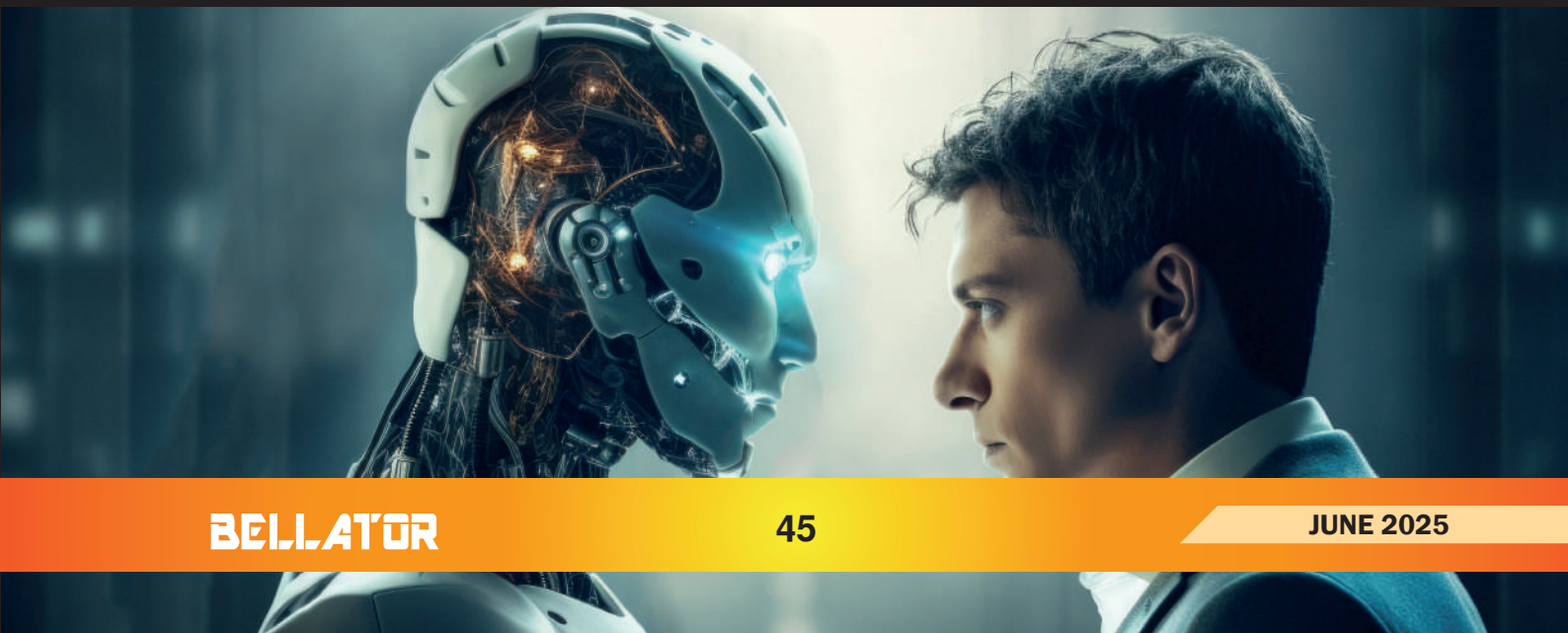
One of the most transformative aspects of algorithmic warfare is the acceleration of the OODA loop - Observe, Orient, Decide, Act. In traditional conflict, decision cycles can be hindered by slow information flow and human indecision. AI-enhanced systems compress these timelines, allowing near-instantaneous decision-making in high-stakes scenarios.

For example, autonomous weapon systems (AWS) such as the Loitering Munition (e.g., Harpy drones) can identify, track, and strike targets with minimal human oversight. This speed, however, introduces challenges related to meaningful human control, particularly when decisions about lethal force are delegated to machines.



3. Autonomy and Human-Machine Teaming

The use of autonomous and semi-autonomous systems is central to algorithmic warfare. These systems can function independently or in collaboration with human operators. The U.S. Air Force's Skyborg project exemplifies this paradigm, aiming to develop AI-piloted aircraft that operate as loyal wingmen to human pilots, sharing sensor data and executing coordinated missions. Moreover, human-machine teaming extends beyond combat platforms to include command and control systems, where algorithms assist military planners in generating strategy simulations or optimising logistical supply chains.



4. Cyber and Information Operations

Algorithmic warfare is not confined to the physical battlefield. It also plays a critical role in cyberwarfare and information warfare. AI algorithms can detect vulnerabilities in networks, launch automated cyber-attacks, and counter adversarial intrusions. On the information front, bots and algorithms are used to spread disinformation, manipulate social media narratives, and conduct psychological operations. A notable example is Russia's use of social media algorithms during the annexation of Crimea in 2014, where coordinated information campaigns sowed confusion and delayed international responses.

5. Ethical and Legal Considerations

Algorithmic warfare raises significant ethical and legal questions. The delegation of life-and-death decisions to machines challenges established norms of international humanitarian law (IHL) and the laws of armed conflict (LOAC). Issues such as accountability, discrimination, and proportionality are complicated when autonomous systems operate without clear human oversight. Scholars such as Peter Asaro (2012) argue that autonomous weapons systems risk undermining moral responsibility in war. The Campaign to Stop Killer Robots, an international NGO coalition, advocates for a preemptive ban on fully autonomous weapons, emphasizing the need for human control over lethal decisions.



Project Maven (USA): AI algorithms analyse drone footage to identify potential threats in real time, increasing accuracy in targeting operations while reducing civilian casualties.

Harpy and Harop Drones (Israel): Loitering munitions equipped with AI that autonomously identify and destroy radar installations or mobile launchers.

Conclusion

Algorithmic warfare signifies a fundamental transformation in how modern militaries operate, plan, and fight. By harnessing the power of algorithms and artificial intelligence, armed forces gain enhanced capabilities in decision-making, targeting, surveillance, and cyber operations. However, these advancements come with profound ethical, legal, and strategic challenges that must be addressed through robust international dialogue, legal frameworks, and technological safeguards.

As military technologies continue to evolve, it is imperative that states and institutions strike a balance between operational effectiveness and moral responsibility. The future of conflict may well depend on how wisely algorithmic warfare is governed.

Three days passed by without any chaos. I tried to avoid Siddhartha as much as possible. My idea of him being an enemy to my comfort zone, did not change at all. Even in the banquet table and family gatherings, I neglected him. I did not walk alone anywhere, where Siddhartha could find me. However, he did not cease his efforts. Dozens of messages were sent by him through Pali, asking to meet me. I rejected every time giving dozens of excuses.

The night before their departure arrived offering much ease to me. Pali had long gone when I finished my training session for the day. I dressed up alone and went towards the downstairs. Unexpectedly, Siddhartha was waiting at the end of the staircase.

Is there no end to his madness??

"I caught you today, mm.. now, you cannot escape." He placed his hand over the bar of the staircase while blocking my path.

"Are we playing any game? You said you caught me.." I couldn't suppress the sarcasm in my voice.

"It is you who prefer games.. not me.. rejecting all my messages.. how many times have I sent.."

"I rejected because I did not want to.."

"Yasho please, let me have one moment with you before the departure.." he pleaded.

"For what? I told everything I wanted to say to you.."

"No please.. I wanted to give something to you.. will you meet me after supper?"

What is it this time??

I gazed straightly at his blue eyes and said nothing.

"Please.."

The innocence of his dove eyes was impossible to resist. Hence, I nodded and gave my consent.

After supper, I went back to my chamber without wasting any time. I did not want to see Siddhartha at all. Therefore, once again, I avoided him as if I have forgotten the promise I



Siddhartha

The enchanter of three realms

CHAPTER FIVE

made a moment ago. I took a deep breath of relief as I treaded towards the balcony with a glass of warm milk. However, I realized that all my efforts were in vain when I saw him in the balcony with a box in his hands.

Is he a magician?? Can he teleport as he pleases??

"Yasho, don't be so surprised.. I too am learning the arts of war same as you.."

"I see.. you are excelled in tactics as well.."

"Is that a compliment?" he came closer to me.

"I don't know.." I whispered as I forgot to breath. The enchanting sandalwood smell lingered around us.

I should escape from here.. as soon as possible.. yes.. I should.. but how..

"Yasho, I'm well aware about your thoughts of me.."

"Then why are you pestering me like this? This is too much Siddhartha.." I interrupted him. He took a deep breath before answering to my question.

"In this world, there is a thing called fate Yasho.. That we cannot escape even if we try our best.."

"Fate??"

"Yes, it is already written, long before we were born into this world.."

"How??"

"As you and I have compromised a long ago.. in front of Lord Deepankara.. The Buddha.."

"What??"

"Yes, you may have forgotten.. but not me.. it is because of you I have come so far.. You have always been my guiding star Yasho.."

What is he talking about?

"But how? I do not understand"

He gave the box in his hands to me. I took it with a questionable stare.

"The book in here, will answer your question.. I do not force you.. but just think about the Swayamvar again.."

I stared at his blue eyes as if I have forgotten my words. He leaned towards me and placed a gentle kiss on my forehead. I was too confused at the moment where I could not react. As I opened my eyes, he was gone.

What kind of a puzzle is this?? Is he a wizard?? Or an enchanter??

to be continued...



How Defence Mechanisms Shape Your Relationships

Each life form on Earth is structured by nature for survival. This pattern consists of basic components, including molecules, atoms and cells in fields such as science, physics, biology, etc. Especially in animals, there are systems built by nature that exist to maintain their presence without being isolated from interactions. These systems are identified as defense mechanisms.

Sigmund Freud introduced the concept of the defense mechanisms in psychology through his studies of the Id, Ego, and Superego. In his explanation of the unconscious mind, this concept was explained as "Defence mechanisms protect the self from psychological threats."

The defense mechanisms are unconscious mental structures that react to prevent or reduce the harm, anxiety, or distress when an individual faces an unfavourable situation in their life. They will appear as barriers to overcome the situation mentally with different interpretations. In other words, according to the dictionary of the American Psychological Association, it is defined as "unconscious psychological strategies used to protect the mind from anxiety, emotional conflict, and uncomfortable realities." Some characteristics of defense mechanisms include automatic distortion of reality, reducing of anxiety, across various ranges and much more.

This article will elaborate a few standard defense mechanisms we use daily, with examples and the consequences of their long-term use.

Displacement

You may experience situations where someone shouts at you due to another person's action or reactions. This occurs when feelings are redirected onto others. In psychology, this is called as displacement. The individual cannot show their anger towards the other person, so they displace it onto someone else. This defense mechanism may help to reduce your anxiety or stress. Still, it can create stress for others and lead to long-term well-being issues if it continues.

Sublimation

This defense mechanism has both positive and negative outcomes. For example, if you feel angry with your girlfriend, you might choose to drink with your friends instead of fighting with her or attend a mindfulness programme. Such an activity prevents direct dire consequences, but the individual's choice will ultimately result in either a good or bad outcome.

Denial

As an example of denial is when someone is victimised due to an accident but refuses to acknowledge that accident is occurred. Therefore, this mechanism can sometimes create issues within legal frameworks regarding the pursuit of justice.

Suppression

Suppression refers to the mental process of hiding some traumatic or unpleasant memories mixed with information from our conscious mind. For instance, a person who experience abuse in childhood may try to conceal those by suppressing it. This sort of suppression can create unrest within a person and it can negatively affect blood pressure, sleep quality, digestion, memory, and long term coping abilities, leading to harmful effects.

Projection

Projection defines converting one's negative feelings onto others. For an example, you may have romantic feelings for a coworker but you fear that they have a secret romantic partner. This may lead to various long-term mental and social effects, even impacting an individual's relationships.

Intellectualisation

It is another common defense mechanism, which shows that someone is a very logical thinker in coping a stressful situation. For example, if you have issues with your family; instead of facing family members, you might busily engage with job-related activities.

Rationalisation

Rationalisation defines justifying a behaviour or feeling with logical reasoning. For example, if you took a promotion test and failed, you are trying to convince your mind with a strategy that made the existing position is more relaxed than the new one.



Regression

Regression as a defense mechanism shows an act of childhood or a similar nature during times of anxiety or stress. An example of regression can be seen when someone cries during a period of mental stress, similar to how they have reacted in childhood in similar type of situations.

Reaction Formation can be explained as someone showing the opposite of their true feelings during times of anxiety or stress. For instance, a man may pretend not to care about a woman he really cares and likes for, showing a different side that hides his true feelings.

There are many other Defence Mechanisms in psychology. However, the factors mentioned earlier are the most common among individuals.

As we discussed earlier, defense mechanisms exist to protect individuals from psychological distress. However, there are significant disadvantages to these mechanisms, such as preventing personal development, causing issues in relationships due to communication problems and differing interpretations of reality and increasing mental health issues due to unrealistic behaviour, inability to stand with own personality can lead to unbalanced personality traits, social isolation and indirect physical health issues such as high blood pressure, gastritis, diabetes and physical inactivity.

Message:

At the conclusion of the article, we must recognise the importance of a balanced approach to overall well-being. Especially in mental health, this automatic defense mechanism can help us take the next step without being overwhelmed or burnout. However, we also need to practice mindfulness to foster realistic and sustainable interpersonal relationships, based on reality and feasibility, along with clear and honest communication as human beings.



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The Anuradhapura Kingdom, established in 377 BCE, was the first and one of the most enduring kingdoms in ancient Sri Lanka. Spanning over 1,300 years, this era was marked by the emergence of valiant warrior kings who not only safeguarded the sovereignty of the island from foreign invasions but also laid the foundation for a lasting legacy of a tiny nation up to date. Their military prowess, strategic brilliance and deep commitment to country's development transformed the island into a paradise with the blessings of rich Buddhist culture and hydraulic engineering.



Guardians of a Nation During the Anuradhapura Kingdom

King Dutugemunu (161–137 BCE)



King Dutugamunu is the iconic warrior king in Sri Lankan history for his exceptional military versatility and courage. The King united the island under one rule after defeating the invader Elara from South India. As a young prince born to the royal family of Ruhuna, Dutugemunu exhibited martial talent and political prudence from a

young age. His legendary campaign against Elara was not merely a military conquest but also a roar of the ancient Sinhalese on their military tactics.

King Dutugemunu's military strategy involved highly disciplined infantry, cavalry and war elephants. The most famous of his war elephants, "Kandula," played a crucial role in the decisive battle near Anuradhapura. His military campaign often included strategic fort-building, swift cavalry attacks, and psychological warfare.

Following his legendary victory, King Dutugemunu rebuilt the nation. He constructed the Ruwanwelisaya Stupa, an architectural marvel that remains sacred to Buddhists today. He restored the ruined city of Anuradhapura and patronised Buddhism, establishing himself as both a warrior and a devout ruler.

King Valagamba (89–77 BCE)



King Valagamba, also known as Vattagamani Abhaya, is remembered for his unshaken spirit during a time of foreign invasions and internal conspiracies. The five Dravidian invaders namely, Pulahatta, Bahiya, Panya Mara, Pilaya Mara and Dathika overthrown the King Valagamba with the assistance of the local rebels. After spending into exile and spending 14 years in hiding organising his troops, he regained his kingdom defeating the last invader Dathika.

King Valagamba's popular military tactics was a well planned yet unexpected guerilla resistance over the enemy. The sudden and abrupt attacks gradually weaken his enemies with the surprise. His return to power was made through well-coordinated military operation that combined surprise tactics and strategic alliances.

After regaining the throne, King Valagamba focused on religious and cultural restoration. He built the Abhayagiri Vihara, one of the greatest monastic complexes of the time. Most importantly, he sponsored the transcription of the Buddhist oral tradition into the Pali Canon (Tripitaka) for the first time, preserving the teachings of the Buddha for future generations.

King Gajabahu I (113–135 CE)



Gajabahu I is notable for his legendary expedition to South India to rescue 12,000 captives taken during earlier invasions. Though some historians debate the scale of this mission, Gajabahu's reign is remembered for asserting Sri Lanka's military might beyond its shores.

According to chronicles, Gajabahu led a naval and land invasion into the Chola kingdom, demonstrating both courage and logistical capability. His approach combined diplomatic engagement with military readiness, enhancing Sri Lanka's regional influence.

Beyond warfare, Gajabahu focused on religious harmony and infrastructure. His reign constructed the irrigation systems and temples, including the expansion of religious shrines in Anuradhapura.

King Mahasena (277–304 CE)

While King Mahasena was not known for his military conquests, he was a commanding leader who used state power to transform the island's irrigation infrastructure, a vital aspect of military and economic resilience.

King Mahasena used a well-organised administration and labour force for massive construction projects. His reign

had relative military stability, allowing him to focus on long-term strategic developments that had military implications ensuring food security.



He built 16 large tanks and a network of canals, including the Minneriya Tank, which still functions today. These innovations turned dry zones into agricultural heartlands, making the Anuradhapura Kingdom self-sufficient and resilient to famine and war.

Conclusion

The warrior kings of the ancient Anuradhapura Kingdom were nation-builders more than typical conquerors. The Kings' ability to combine military strategy with visionary development projects laid the foundations for a unified national identity that last even today. Their reigns were filled with harmony and peace and rich cultural heritage such as arts and constructions that founded based on Buddhism making the island flourish with the sovereignty and the development of the people.

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In military history, few subjects are as overlooked yet as decisive as logistics. Behind every battlefield victory lies a complex network of transport, provisioning, maintenance, and coordination—the unseen machinery that keeps an army in motion. While strategy wins wars on paper and tactics determine outcomes on the ground, it is logistics that makes both possible. Without food, ammunition, fuel, and medical support, even the most disciplined force can falter before it reaches the front.

The concept of military logistics has existed in various forms since the earliest armies took to the field. From the grain convoys of Roman legions to the mechanized supply lines of the Second World War, the ability to sustain a force over time and distance has consistently shaped the rise and fall of empires. In modern warfare, where speed and precision dominate, the importance of logistics has only grown.

Throughout Sri Lanka's long military tradition, the movement and supply of troops have played a vital—if often understated—role. In the ancient Sinhala kingdoms, successful campaigns required not just courage and leadership, but careful planning

of provisions, animal transport, and infrastructure. Although these systems lacked the complexity of modern logistics, they reveal an early awareness of the need to sustain fighting forces across varied and challenging terrain.

In the Anuradhapura and Polonnaruwa periods, rulers maintained granaries and stockpiles within and near their fortified cities. During periods of conflict, these served as supply depots for garrisoned troops and as strategic reserves in case of siege. Armies relied heavily on elephants and bullock carts to move food, weapons, and other supplies, while foot soldiers carried personal

rations for short-term campaigns. In longer operations, supply lines were extended through local foraging or coordinated resupply.

The Kandyan kingdom, known for its resistance to foreign invasion, offers another example of locally adapted logistics. Fighting in mountainous and forested regions, Kandyan forces made use of their intimate knowledge of the terrain to move quickly and remain elusive. However, this mobility came with logistical challenges. The kingdom's relative isolation often made it difficult to maintain stable supply lines, particularly during prolonged blockades by colonial powers. Guerrilla-style warfare reduced

The Evolution of Military Logistics

reliance on formal supply chains but also limited operational endurance.

The arrival of the Portuguese, Dutch, and especially the British brought significant changes to military logistics on the island. The British in particular invested in the construction of military roads and cantonments to support internal movement and supply. Colonial-era infrastructure development—much of which was motivated by military needs laid the foundation for many of the transport routes still in use today.

By the late 19th and early 20th centuries, the Ceylon Defence Force had begun adopting British logistical models, including centralised supply depots, standardised rations, and structured transport systems. These practices would later influence the Ceylon Army, formed after independence in 1949, and eventually the Sri Lanka Army, which continues to operate with a blend of inherited and indigenously developed logistical systems. Sri Lanka's military logistics, from the ancient to the colonial era, demonstrate a recurring theme: adaptation to geography, resource availability, and the scale of operations.

Long before the term “logistics” was formally used, ancient commanders understood the necessity of sustaining their forces. As early as the Bronze Age, organised armies required food, water, shelter, and equipment to function away from their home territories. In the ancient world, the success or failure of military campaigns often hinged as much on supply as on battlefield tactics. One of the most impressive examples of ancient logistical flexibility comes from Alexander the Great's campaigns. As his armies moved from Greece through Persia and into India, they faced enormous challenges in feeding and equipping tens of thousands of troops and camp followers. Alexander's success was not only due to bold strategy but also to meticulous preparation. He ensured access to local food sources, arranged for forward supply caches, and maintained discipline in movement minimising delays and logistical breakdowns across vast and diverse terrain.

One of the most advanced logistical systems of the ancient world belonged to the Roman Empire.

The Roman legions operated with remarkable efficiency, supported by a vast network of roads, supply depots, and administrative systems. Soldiers carried personal rations, while larger quantities of grain and equipment were transported using carts and pack animals. Military planners took great care to ensure that food and equipment reached the front in a timely manner. Field camps were standardised, and entire units were responsible for constructing roads and fortifications that supported long-term operations. The Roman army's ability to campaign for extended periods, often deep in hostile territory, was due largely to its sophisticated logistical planning.

In the east, the Han dynasty of China (202 BCE – 220 CE) also developed advanced logistical systems to support large imperial armies. Campaigns against nomadic tribes and rival kingdoms required structured provisioning, with supply wagons, stockpiling, and use of conscript labour. Chinese military manuals emphasised the importance of managing grain transport and establishing mobile supply bases.

The medieval period, especially in Europe, marked a regression in centralised military logistics. As feudalism replaced the large standing armies of antiquity, logistical responsibility shifted from the state to the individual soldier. Lords summoned levies for short campaigns, and each man was often expected to bring his own arms, food, and even tents. There was little formal supply structure beyond what a commander could carry or gather locally. Armies frequently lived off the land, either through foraging or forced requisitioning. While this reduced the need for organised supply trains, it also meant that military operations

were constrained by season, terrain, and the availability of local resources. Large-scale campaigns were rare and difficult to sustain for long periods.

Exceptions existed where kings or empires attempted centralised provisioning such as in the Byzantine Empire or the Islamic caliphates but even there, long campaigns often relied on local supply arrangements or rapid mobility to avoid shortages. In this period, logistical limitations defined military strategy as much as military objectives. The lack of reliable supply chains discouraged prolonged sieges or distant invasions and forced commanders to plan around harvest seasons and local subsistence levels.

The rise of gunpowder warfare and professional standing armies in the 16th and 17th centuries brought renewed attention to military logistics. As infantry formations grew larger and weapons more dependent on ammunition, the need for reliable supply systems became increasingly urgent. Armies could no longer rely solely on living off the land warfare was becoming more organised, and so too were the systems that supported it. One of the earliest innovators in this field was Maurice of Nassau, the Dutch commander who introduced structured training, tactical drills, and logistical organisation to the armies of the Dutch Republic in the late 1500s. Inspired by Roman military practices, he helped develop a more systematic approach to provisioning and ammunition supply, enabling sustained operations over longer periods. These reforms influenced other European militaries, including that of Gustavus Adolphus of Sweden, whose forces during the Thirty Years' War (1618–



1648) demonstrated a new level of operational mobility. Gustavus emphasised forward magazines (supply depots), field kitchens, and coordinated wagon trains, allowing his forces to outmaneuver less organised opponents.

However, it was during the Napoleonic Wars that the scale and complexity of logistics reached a new level. Napoleon Bonaparte's armies moved faster and farther than many of their adversaries, thanks in part to his emphasis on foraging, requisitioning from occupied territories, and rapid concentration of forces. His early campaigns benefited from this flexibility, but his later ambitions pushed the limits of what his logistical system could bear. Nowhere was this more apparent than in the 1812 invasion of Russia, a textbook example of logistical overreach. Despite initial success, Napoleon's Army numbering over 600,000 men struggled to maintain its supply lines over vast distances. Poor road conditions, stretched supply routes, harsh weather, and deliberate Russian scorched-earth tactics deprived the invaders of both food and shelter. By the time the remnants of the Grande Armée retreated from Moscow, fewer than 100,000 remained.

These failures underscored a key lesson: tactical brilliance could be undone by logistical neglect. Throughout this era, armies that

prioritised structured supply chains—such as those of the British and Austrians proved more capable of sustaining extended campaigns, even when facing more aggressive opponents. By the end of the Napoleonic period, military planners began to understand logistics not merely as a support function, but as a strategic element of war.

The 19th century marked a profound transformation in military logistics, driven by the forces of industrialisation. The introduction of railways, steamships, telegraphs, and later internal combustion engines revolutionised how armies moved, communicated, and sustained themselves. Logistics was no longer a peripheral concern—it became a central pillar of operational planning.

During the Crimean War (1853–1856), the British Army suffered severe supply problems due to poor planning and inadequate transport. However, the construction of a dedicated military railway during the siege of Sevastopol marked one of the earliest uses of industrial transport for frontline resupply. The importance of centralised, mechanised logistics became increasingly clear. Meanwhile, innovations like standardised uniforms, canned rations, and large-scale ammunition production foreshadowed the total war model of the 20th century. By World War

I, warfare had become dependent on industrial-scale logistics. Trench warfare, artillery bombardments, and vast conscript armies required constant resupply of food, water, medical support, and millions of shells. Railroads became lifelines to the front, and motorised transport began to supplement horse-drawn wagons. Despite this, the system often strained under the weight of prolonged conflict. Shortages of supplies—notably in Russia and Austria-Hungary contributed to low morale, mutiny, and political collapse.

In World War II, logistics played a decisive role in every theatre of war. The Allies, learning from the difficulties of WWI, prioritised logistical planning from the outset. The United States, with its unmatched industrial capacity, supplied not only its own forces but also its allies through programs like Lend-Lease. The success of the Red Ball Express in Europe—an improvised network of supply convoys delivering fuel and ammunition to rapidly advancing Allied forces after the Normandy landings—is a classic example of wartime logistical ingenuity.

On the Eastern Front, Germany's logistical failings in its invasion of the Soviet Union mirrored Napoleon's earlier errors. Poor roads, inadequate winter equipment, and extended supply lines contributed to the Wehrmacht's failure to capture key



Soviet cities. In the Pacific, the Japanese military initially operated with speed and surprise but lacked the logistical depth to sustain its conquests across vast ocean distances. The United States' control of sea lanes and its ability to project supply over great distances ultimately turned the tide. WWII confirmed that modern warfare depends on logistics, not firepower alone. Logistics—planned, protected, and executed at scale—had become the defining factor in global conflict. The lessons learned would shape military doctrine for decades to come.

By the late 20th century, logistics had become one of the most advanced and specialised areas of military science. The shift toward combined arms operations, rapid deployment, and technologically networked warfare placed even greater demands on precision, speed, and coordination. From computerised inventory tracking to global airlift capacity, modern militaries now rely on logistics systems as complex as their weapons platforms.

The United States military, for example, has built an enormous logistics network capable of projecting force anywhere in the world. During the 1991 Gulf War, the United States and coalition forces deployed hundreds of thousands of troops and vehicles to the Middle East with near-total supply continuity. Operations like Desert Shield and Desert Storm demonstrated the importance of pre-positioned supplies, aerial refuelling, and satellite-guided logistics, all orchestrated with digital communication networks.

In contrast, the Russo-Ukrainian War, ongoing since 2014 and escalating significantly in 2022, has become a modern case study in logistical success and failure. Russia's invasion of Ukraine began with high expectations of a swift victory, but logistical weaknesses soon undermined its efforts. In the opening weeks, Russian convoys became notorious for running out of fuel, ammunition, and food. Poor road conditions, limited infrastructure, and extended supply lines slowed progress and left columns vulnerable to Ukrainian ambushes. The now-infamous 40-kilometre convoy north of Kyiv, immobilised for days due to logistical congestion and

poor coordination, illustrated the systemic shortcomings in Russia's planning. Equipment maintenance was lacking, fuel trucks were inadequately protected, and command structures appeared inflexible—failing to adapt when roads were blocked or destroyed.

In contrast, Ukraine's defensive logistics were agile and localised. Operating on interior lines, Ukrainian forces could respond quickly to frontline needs, with shorter supply routes and better knowledge of terrain. The support from Western nations, including the rapid provision of ammunition, medical supplies, drones, and advanced systems, was seamlessly integrated into Ukrainian logistics through carefully coordinated distribution hubs and secure communication. Furthermore, modern drone reconnaissance, satellite imaging, and even commercial data played a growing role in managing and disrupting logistics. Ukrainian forces used intelligence to target fuel depots and supply convoys, demonstrating how logistics can become a deliberate objective in modern warfare—not just a background process. Russia's struggles and Ukraine's resilience offer contemporary lessons from an age-old principle—logistics decides the pace and limits of war.

From ancient battlefields to modern high-tech wars, the message is clear: logistics is the true engine of military power. No matter how brave the soldiers or advanced the weaponry, an army that cannot feed, fuel, and supply itself will falter. The evolution of military logistics reflects not only technological progress, but also the ability of military institutions to plan, adapt, and survive under pressure. Modern conflicts, such as the ongoing war in Ukraine, reinforce the need for agile, decentralised, and well-protected logistics. A modern military cannot afford to treat logistics as a secondary concern. It must be built into the strategic mind set, operational design, and tactical execution of every mission.

As history shows time and again, it is not just soldiers and weapons that win wars—it is the ability to supply them, the reach of the convoy, and the quiet competence of those who keep the army moving. In Sri Lanka and beyond, military logistics remains the enduring link between

intention and action—the lifeline of every battle fought, and every victory earned.

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Charity Palmcard

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

1. Army Supports Devotees on Annual Paada Yathra Pilgrimage



The troops of Sri Lanka Army provided critical assistance to the devotees in Annual Pada Yathra Pilgrimage from Okada to Kataragama establishing Medical camps and offering meals and refreshments. Additionally, special transport facilities had been arranged for injured pilgrims.

2. A School Cleaning Programme



The 11 (V) Battalion of the Sinha Regiment, cleaned the premises of Mattikooli Tamil Primary School in Batticaloa on 18 June 2025.

3. Operation to Prevent Crop Damage by Wild Elephants



The Security Forces (East), in collaboration with the 7th Regiment of Sri Lanka Artillery, 12th Battalion of the Gemunu Watch, 3 (V) Battalion of the Vijayabahu Infantry Regiment, the Department of Wildlife Conservation and Mahaweli Authority Officers, conducted a coordinated operation on 19 June 2025 to drive 26 wild elephants from Mivithapura to Nuwaragala.

4. Dry Ration Distribution for Needy Families



The troops of the 7th Battalion Sri Lanka Sinha Regiment (7 SLSR) conducted a dry ration distribution programme for needy families in Arumutthupudukulam village on 16 June 2025 at the Arumutthupudukulam Grama Niladhari Office.

5. Troops Renovate School Buildings



The 5th Battalion Sri Lanka Sinha Regiment (SLSR) and the 14 (V) Battalion, the Gemunu Watch (GW) renovated Sammugrathnam Tamil School and Olumadu Tamil School in Mullaitivu. Additionally, a reverse osmosis plant was constructed and vested in the school authorities on 16 June 2025.

6. Beach Cleaning Campaign



Troops of 4 Vijayabahu Infantry Regiment organised a beach cleaning programme from 13 to 17 June 2025 at Southbar Beach in Mannar. The event was held following the capsizing of the vessel MSC ELSA 3 in Indian territorial waters upon the request of the Maritime Environment Protection Authority (MEPA).

**7. “Clean Sri Lanka”
Programme at Sri
Sailabimbaramaya Temple,
Iratperiyakulama**

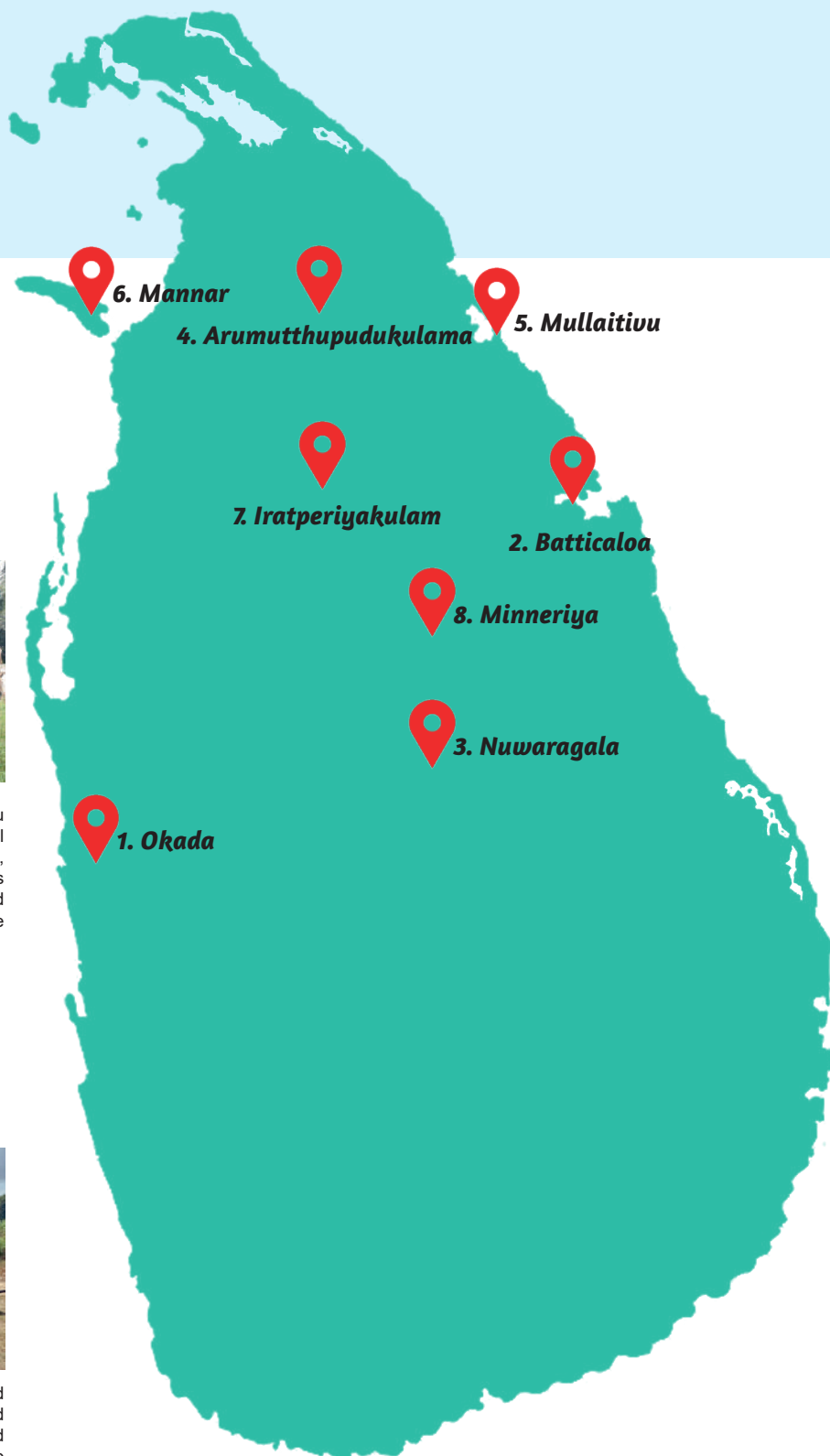


Troops from the 2 (V) Vijayabahu Infantry Regiment, together with local civilians, organised a cleaning campaign, a tree-planting activity, and an awareness lecture aimed at promoting cleanliness and environmental sustainability in line with the “Clean Sri Lanka” national initiative.

**8. Army Assists in the
Treatment of Injured Tusker
'Bhathiya'**



Troops from the 15th Sri Lanka Artillery and the 9th Sri Lanka National Guard assisted the wildlife Officers who were treating a wild tusker named 'Bhathiya', who had fallen into a water pit after being met with an accident in Minneriya. Further, they constructed a shield for the tusker to prevent the harsh sun.



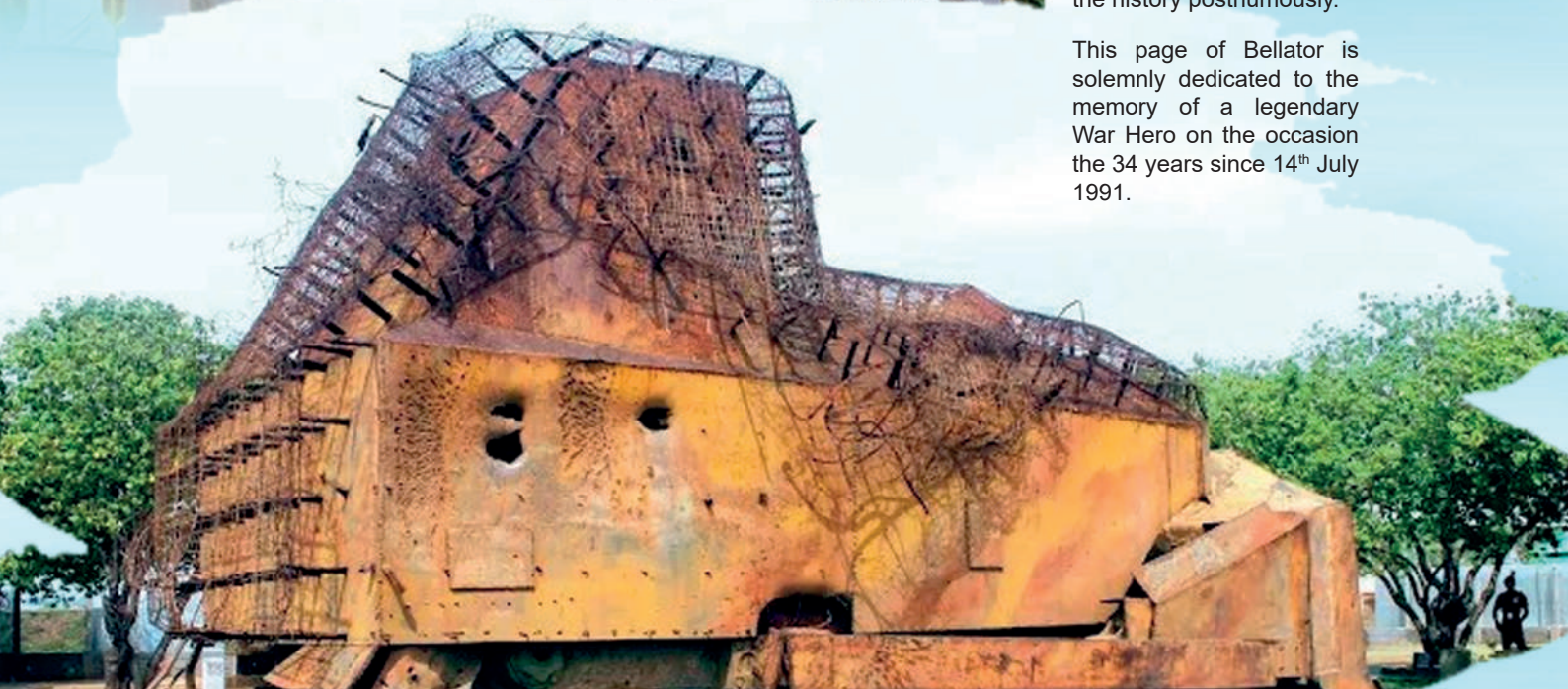


Heroic Sacrifice of Hasalaka Gamini **34th** Remembrance

14th July 1991 – 14th July 2025



The Elephant Pass attack in 1991 stands as a defining milestone in Sri Lanka's military history for the immortalised unparalleled heroism. On the day amidst the thunder of war, the nation witnessed the rise of a legend Hasalaka Gamini. When an enemy explosive-laden bulldozer advanced toward the Elephant Pass military camp, Corporal Kularathne of the 6th Battalion, Sri Lanka Sinha Regiment, bravely sacrificed his life saving the lives of his fellow comrades. The valiant legend earned Parama Weera Vibhushanaya - Sri Lanka's highest military honour for valour in the face of the adversary, becoming the very first recipient of it in the history posthumously.



This page of Bellator is solemnly dedicated to the memory of a legendary War Hero on the occasion the 34 years since 14th July 1991.

COMIC CORNER

Drill Sergeant:
"I didn't
see you at
camouflage
training
today!"

Private: "Thank
you, sir!"



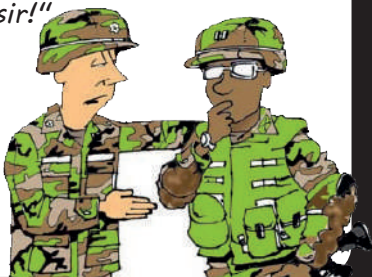
Officer: "Soldier, do you have change
for a thousand-rupee note?"

Soldier: "Sure, sir!"

Officer:

"That's
odd. I

gave you
that note
yesterday."



Sudoku Puzzle QUESTION

How to Play

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

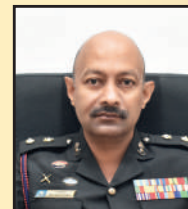
					3			9
	5		7	4				
	2			9				3
	6					8		5
					5	1		
		4						6
7								
4		8		2	1			
				7		4	2	1

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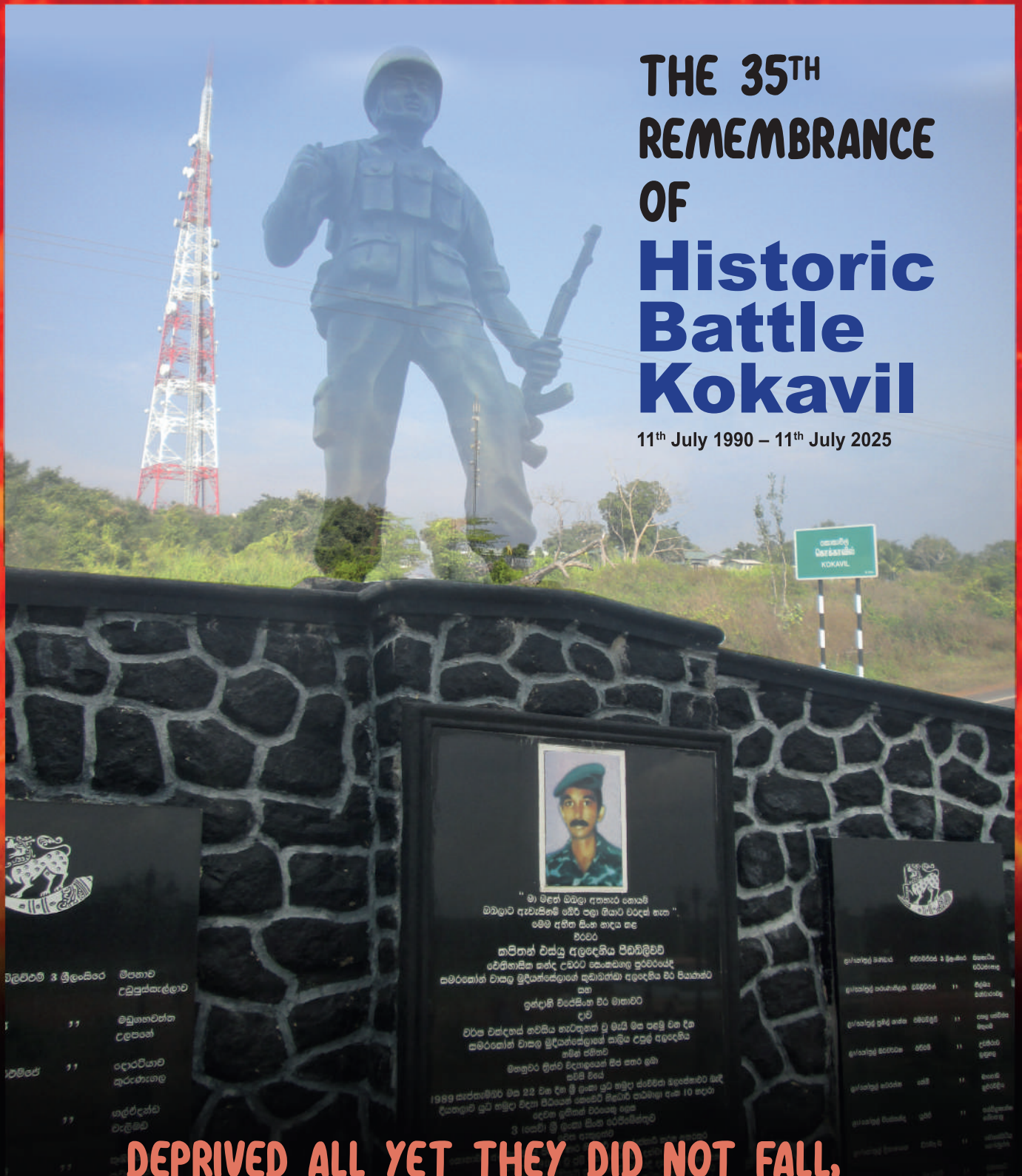


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Sri Lanka Army

THE 35TH REMEMBRANCE OF **Historic Battle Kokavil**

11th July 1990 – 11th July 2025



**DEPRIVED ALL YET THEY DID NOT FALL.
FOR THE NATION'S CALL, THEY GAVE THEIR ALL.
UNSHAKEN, LIKE KOKAVIL'S SOLEMN SPIRE
THEIR LEGACY STANDS IN AN ETERNAL VALOUR.**

During the brutal attack on the Kokavil Camp on 11 July 1990, out of the 61 Army personnel deployed, 58 lost their lives and only three survived. Second Lieutenant Saliya Aladeniya, who commanded the three brave soldiers fought with enemy for 26 continuous days without access to food or water. He was later posthumously awarded the Parama Weera Vibhushanaya for his extraordinary bravery. The back cover of this issue of 'Bellator' is dedicated to honour these War Heroes who made the ultimate sacrifice for the nation, 35 years ago.