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BELLATOR

R A N A V I R U W A



**With the dawn of peace, nations rise,
Guarded by valour, brave and wise,
Innocence laughs, a gentle cure,
Heals the hearts, so pure and care...**



Army Commander Joins Opening Ceremony of “Guru Dew Suwa Arana”

The new Bhikku Hospital complex - “Guru Dew Suwa Arana” located in Kiriwaththuduwa, Homagama was officially declared open by His Excellency the President Ranil Wickremesinghe, Commander-in-Chief of the Armed Forces on 01 June 2024.

The ceremony was graced by the distinguished presence of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army.

This state-of-the-art facility constructed as per the vision of the late Most Venerable Mapalagama Siri Somissara Nayaka Thero, under the meticulous guidance of Venerable Pitigala Sonutthara Nayaka Thero, Chief Incumbent of Sri Dhathumalu Viharaya, Kohuwala.

“Guru Dew Suwa Arana” building complex of five-story and three-story buildings equipped to provide medical treatment for 50 monks and offers a tranquil meditation environment for up to 500 monks. Troops of 6 Corps of Engineer Services extended their manpower and technical expertise to complete the project in short span of time.





The book 'Army Commander's Promise to the Nation' authored by Field Marshal Sarath Fonseka RWP RSP VSV USP rcds psc was launched at the Nelum Pokuna Theatre on 28 June 2024. His Excellency the President Ranil Wickremesinghe, Commander-in-Chief of the Armed Forces graced the event as the Chief Guest. Honourable Speaker Mahinda Yapa Abeywardene, Cabinet Ministers, State Ministers, Ambassadors, High Commissioners, Members of Parliament, General Shavendra Silva WWW RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, former Tri-Forces Commanders, Author's family members, Police Officials and Senior Officers participated in the ceremony.

Dr. Richard de Zoyza enlightened the audience with an insightful overview of the book's content. An introductory video was also displayed to enhance the audience's understanding of the military life and commitment of the author. Then after, Field Marshal Sarath Fonseka, shared his thoughts with the audience and ceremonially handed over the first publication to the Chief Guest. Field Marshal Sarath Fonseka also presented a special memento to the Chief Guest.

"Army Commander's Promise to the Nation" Launched



Welfare and Administrative Affairs of Retired Army Personnel Discussed



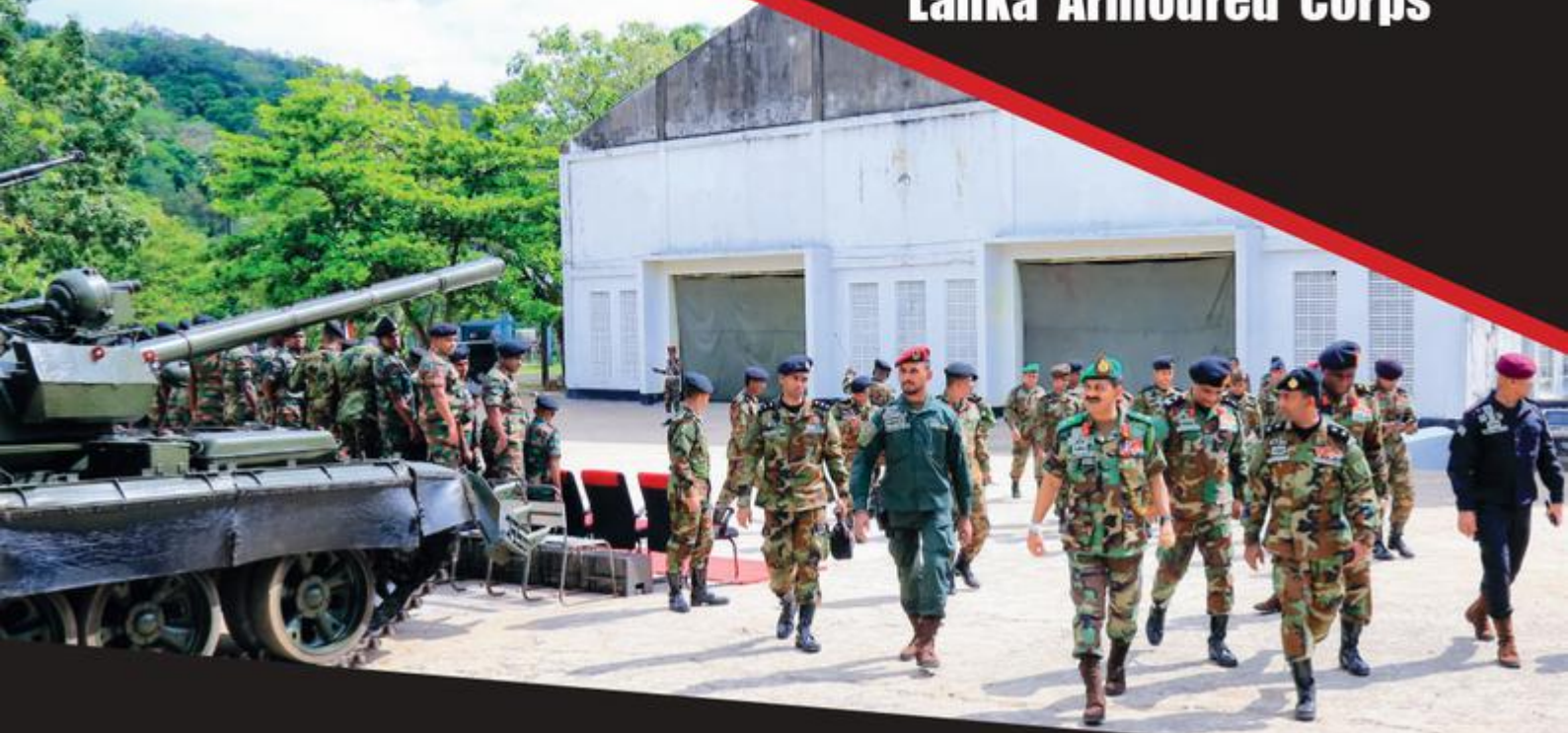
An event dedicated to inquire and address the administrative concerns of retired War Veterans and their next of kin in Badulla and Monaragala areas was held at Security Forces (Central) on 01 June 2024. The occasion was graced by the Honourable State Minister of Defence, Premitha Bandara Tennakoon, as the Chief Guest.



The event included the participation of seven key Directorates from Army Headquarters, each setting up dedicated help desks to assist War Veterans. The Directorate of Pay & Records, the Directorate of Army Benevolent Fund, the Directorate of Personnel Administration, the Directorate of Legal Services Human Rights and Humanitarian Law, the Directorate of Welfare, the Directorate of Veteran Affairs & Rehabilitation, and the Directorate of Army Medical Services provided War Veterans with the opportunity to report their concerns and seek guidance on various matters during the event. In addition to the veterans and their families, Senior Officers, Officers, and government officials took part in the event.



Commander of the Army Visits 4 Regiment Sri Lanka Armoured Corps



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, visited the 4 Regiment Sri Lanka Armoured Corps (4 SLAC) on 07 June 2024. The Commanding Officer of 4 SLAC, together with Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander of Security Forces (West), and the Colonel Commandant of SLAC, welcomed the Army Commander according him a drive pass following the military formalities.

During the visit, the Commander of the Army engaged in cordial interactions with Officers and Other Ranks, inquiring about their administrative and welfare requirements.



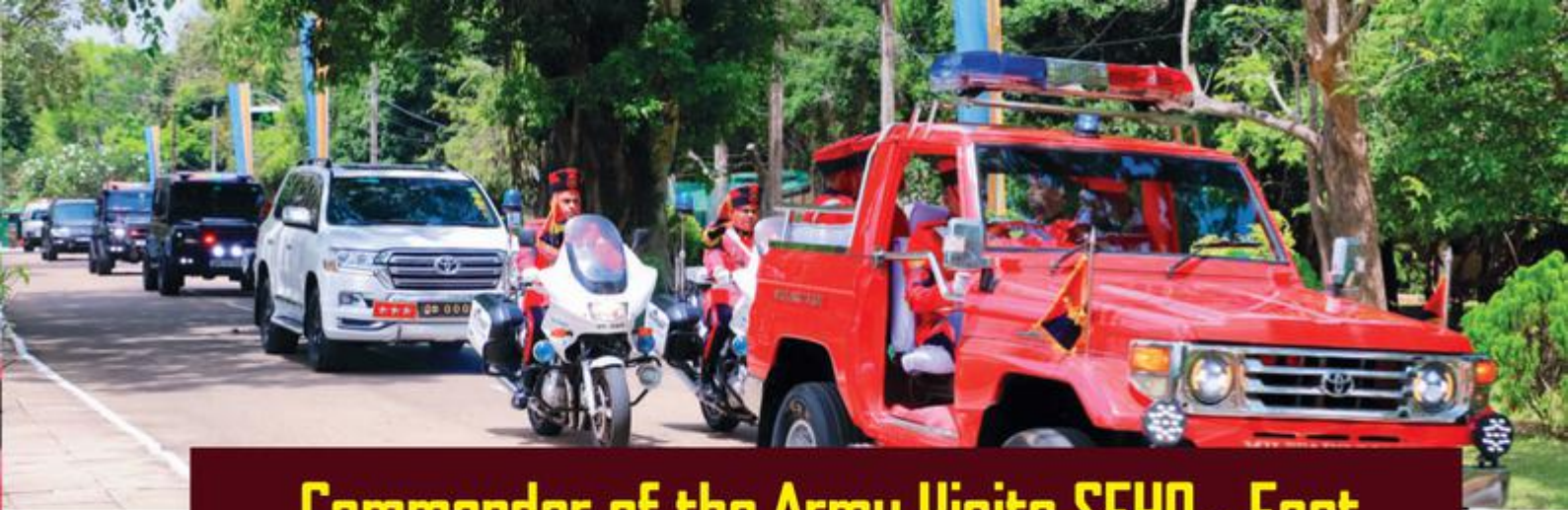


A New Dawn for a Deserving Family in Trincomalee



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, handed over a newly constructed house to the family of Mr. G K K Ananda Jayarathne in Mahamayapura, Trincomalee on 07 June 2024 during a simple house-warming ceremony. Troops of the 2 (V) Gajaba Regiment successfully completed this generous initiative under the supervision of Lieutenant Colonel H G K S Dharmadasa RWP RSP, Commanding Officer of the 2 (V) Gajaba Regiment. Mr. Rohan Gunasekara provided the essential financial assistance for the successful completion of the project.

Major General S A Kulatunge RWP RSP VSV USP psc, the Commander of Security Forces (East), Major General P A M Peiris RWP RSP USP psc, General Officer Commanding of 22 Infantry Division, Commanders of respective Brigades, government Officials and civilians of the area participated in the event.



Commander of the Army Visits SFHQ - East



Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, paid a visit to the Security Force Headquarters (East) on 06 June 2024. Major General S A Kulatunge RWP RSP VSV USP psc, Commander of Security Forces (East), warmly welcomed him, with the troops greeting him in a Drive Pass.

During his address to the troops of Security Forces (East), the Army Commander honoured the unwavering commitment of War Heroes who sacrificed their lives and acknowledged the dedication of the current serving members. In addition, he emphasised the importance of maintaining camaraderie among the troops while performing their duties.



Following the address, Commander of the Army engaged in cordial interactions with Officers and Other Ranks during the All Ranks tea, fostering a sense of unity and mutual respect.

Director General General Staff, General Officers Commanding of 22, 23 and 24 Infantry Divisions, Commander, Logistic Command (East), respective Commanders of the Brigades, Commanding Officers, Senior Officers, Officers and Other Ranks participated in the occasion.



Army Commander Inaugurates New Auditorium at Maduru Oya Army Training School



Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, inaugurated the newly constructed "Captivate" Auditorium at the Maduru Oya Army Training School (ATS) on 06 June 2024. Upon his arrival, Brigadier K T P Silva RSP ndu psc, Commandant of ATS, together with troops warmly welcomed the Army Commander according him with a Drive Pass.

Following the inauguration, Commander of the Army toured the auditorium's interior, which consists of a seating capacity for 400. Troops of 3 Engineer Services Regiment extended their technical and workforce assistance for the successful completion.

The Commander then interacted with foreign Officers who are following the Counter Insurgency and Jungle Warfare Course at ATS and shared his thoughts with them.

The Commander Security Force (East), Director General General Staff, Director General of Training, Senior Officers, Officers and Other Ranks also took part in those events.





ASVU Celebrates World Father's Day

Army Seva Vanitha Unit (ASVU) celebrated World Father's Day at Home for the Aged at Leslie Ranagala Mawatha, Borella, following the directions of the President of the Army Seva Vanitha Unit on 16 June 2024.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, together with Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit graced the event as the chief guest. During the programme, Army calypso band entertained the senior citizens. Before the culmination of the event, the President of ASVU distributed gift parcels containing medicine and other essentials to the elderly senior citizens.





Army Chief Joined with Pattana Dharma Sermon at Jaya Sri Maha Bodhiya

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army and Mrs. Janaki Liyanage, President of Army Seva Vanitha Unit participated in the Pattana Dharma Sermon held at Jaya Sri Maha Bodhiya on 17 June 2024. Venerable Pallegama Hemarathana Nayaka Thero delivered the keynote address and Venerable Dimbulkumbure Wimaladharm Thero conducted the traditional Pooja.

Subsequently, the Army Commander placed the Sacred Relic Casket of Lord Buddha in the chamber of Jaya Sri Maha Bodhiya amidst chanting of pirith by the Maha Sangha. Major General W P A D W Nanayakkara RSP VSV USP ndu, Commander Security Forces (Wanni), Major General H H K S S Hewage RWP RSP USP rcds psc, General Officer Commanding, 21 Infantry Division, Senior Officers, Officers, Other Ranks and devotees participated in the event.





New Shrine Room at Kotuwegedara Sudharmodhaya Viharaya – Matale Declares Open

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, along with Venerable Mugunuwela Anurudhdha Thero, Chief Incumbent of Anurudhdha Arana Viharaya ceremonially opened the newly-constructed Shrine Room at Kotuwegedara Sudharmodhaya Viharaya, Matale on 19 June 2024.

During the same programme, Chief Guest laid the foundation stone for a new 'Bodhi Prakaraya' (protective wall).

Before the culmination of programme, the Commander of the Army presented special mementoes to the individuals who provided workforce assistance for the construction of new Shrine Room. Mrs. Kawsalya S D Dissanayake - District Secretary of Matale, Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit, Senior Officers, Officers and devotees participated in the event.





Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, declared open the newly constructed pagoda at Kattamurichchana, Deepaduththarama Viharaya, Thirappane, on 22 June 2024.

The Commander of the Army Unveils Deepaduththarama Viharaya Pagoda

Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander of Security Forces (Wanni), Major General H H K S S Hewage RWP RSP USP rcds psc, General Officer Commanding, 21 Infantry Division and Mr. Nalinda Herath, a member of Devotees' Committee at Deepaduththarama Viharaya warmly welcomed the Chief Guest to the temple premises amidst a traditional welcome dance.

The pinnacle and special plaque of the pagoda was unveiled amidst the seth pirth chantings of the Venerable Maha Sangha. Then after the Commander of the Army appreciated all the contributors for the construction including Mr. Nalinda Herath who extended financial generosity for the success of the construction acknowledging their efforts and dedication.

A donation of Rs. 250,000.00 also made to the Kattamurichchana School to enhance the education of its students. Government Agents, Senior Officers, and a large number of devotees participated in the occasion.





'Sanda Hiru Seya Poson Zone' Opening Ceremony

2024

The 'Sanda Hiru Seya Poson Zone,' organised by the Ministry of Defence and Tri-Forces was successfully held in the morning of 21 June 2024. General Kamal Gunaratne (Rtd) WWV RWP RSP USP ndc psc MPhil, Secretary to the Ministry of Defence gracefully inaugurated the event attending as the Chief Guest. Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army and Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit (ASVU) participated in the occasion. During the same event, the Chief Guest donated a blood purification machine to the Government Hospital, Thambuththegama.

Further, Security Forces (Wanni) organised 'rice dansala' for the benefit of the devotees attending the Poson Zone.

Venerable Maha Sanga, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP VSV USP rcds psc, Commander of the Air Force, Major General W P A D W Nanayakkara RSP VSV USP ndu, the Commander Security Forces (Wanni), Senior Tri Forces Officers, Government Agents, and local devotees, participated in the event.





Vijaya Poson Gee Saraniya - 2024 at Vijaya College, Matale



The "Vijaya Poson Gee Saraniya" - a religious event was held at Vijaya College, Matale, on 22 June 2024 on account of Poson Full Moon Poya Day. Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army as an esteemed alumnus of Vijaya College, graced the occasion as the Chief Guest at the invitation of Mr. Rajitha Theekshana, the Principal of the school, and Mr. Nishantha Dias, the Secretary of the past pupils association.

Students from 28 schools across the Matale district coloured the event with mesmerising performances and renowned singers intoned the Poson Bhakti Geetha, enriching the atmosphere with their melodious voices.

A Dansala from ASVU on Poson Poya Day



Following the conceptual layout of Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit (ASVU), Seeni Sambol and Bread Dansala (free giveaway) was successfully held on 23 June 2024, adjacent to the Commander's House in Colombo 05.

Number of devotees in the area was benefited by the dansala held with the participation of the Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, together with Mrs. Janaki Liyanage, the President of ASVU.





ASVU Awards Scholarships to Children of Army Families



The Army Seva Vanitha Unit (ASVU), organised a scholarships awarding ceremony on 27 June 2024 at the Army Headquarters under the guidance of Mrs. Janaki Liyanage, the President of ASVU. Accordingly, the children of deceased, differently-abled and retired soldiers were benefited from the programme.

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, graced the occasion as the Chief Guest at the invitation of the ASVU. 143 children of Army families, who excelled in the grade – 05 scholarship examination and GCE (O/L) examination in 2022 were benefited during the ceremony.



The Army Welfare Fund spent Rs 3.5 million for the scholarships. Accordingly, 28 children who excelled in the grade – 05 scholarship received scholarships each worth of Rs 15,000.00 and opening bank accounts at the Bank of Ceylon, Lake House Branch. Additionally, 74 children who successfully passed the GCE (O/L) examination in 2022 with 9 A's were awarded a financial grant of Rs 20,000.00 each. Furthermore, 41 children who excelled in the GCE (A/L) examination with 3 A's were awarded a financial grant of Rs 25,000.00 each.

Further, the Bank of Ceylon provided school accessories, including a till box, exercise books, caps, and school bags, to the scholarship recipients.



New Chief of Staff Assumes Duties



Major General S R B Aluvihare RWP RSP ndu psc of Vijayabahu Infantry Regiment assumed office as the Chief of Staff of the Army on 24 June 2024 at his new office at the Army Headquarters during a simple ceremony. A representative gathering of Senior Officers, Staff Officers and Other Ranks at the office of the Chief of Staff (COS) joined the occasion.

Born on 16 September 1969, Major General S R B Aluvihare RWP RSP ndu psc studied at Maliyadeva Vidyalaya, Kurunegala before enlisted to the Sri Lanka Army on 26 July 1988 to the Intake 31 of Regular Force. He was commissioned to the rank of Second Lieutenant on 05 October 1990 with the successful completion of basic military course at Military Academy in India. He has held number of command, staff and instructor appointments in the Sri Lanka Army over 35 years of his illustrious career.

Prior to this new appointment, Major General S R B Aluvihare RWP RSP ndu psc served as the Commander, Security Forces (Central).

New SLAVF Commandant Assumes Duties



Major General W P A D W Nanayakkara RSP VSV USP ndu assumed duties as the 56th Commandant of the Sri Lanka Army Volunteer Force (SLAVF) on 26 June 2024 at the Headquarters of the Volunteer Force amidst formal military formalities.

The newly appointed Commandant of the Sri Lanka Army Volunteer Force was warmly welcomed to the SLAVF Headquarters premises according him Guard Turnout following the military formalities. After reviewing the Guard Turnout, the Commandant saluted the fallen war heroes at the memorial of late Captain Saliya Aladeniya PWV. Later, Major General W P A D W Nanayakkara RSP VSV USP ndu, 56th Commandant of the Sri Lanka Army Volunteer Force placed his signature on an official document, symbolising the formal acceptance of his new appointment.



Highlights of 1 Corps Vesak Celebrations

Troops of the 1 Corps organised a colourful Vesak Zone and Rice Dansala following the directions of Major General S B Amunugama RWP RSP ndu, the Commander of 1 Corps during 23 - 25 May 2024. The Commander of 1 Corps declared open the Vesak Zone and Rice Dansala in Iranamadu area with the participation of distinguished invitees. Over 6000 civilians participated in the dansala.





CIMIC Park in Palaly Warmed Civilian Community in Jaffna

Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, the Commander, Security Forces (Jaffna), declared open the 'CIMIC Park' installed by the 51 Infantry Division on 07 June 2024 following auspicious hours. Troops of 51 Infantry Division completed the task within a period of month at the request of civil community. Mr. Vamadeva Thiagendran (Jaffna) and his daughter Dr. Nilayini Thiagendran (Switzerland) extended their financial generosity for the project.



Gajasinghapura New Children's Park Declared Open

Major General W P A D W Nanayakkara RSP VSV USP ndu, Commander Security Force Headquarters (Wanni) declared open the newly constructed Children's Park at Gajasinghapura on 21 May 2024. Troops of 213 Infantry Brigade constructed the park following the direction of Major General H H K S S Hewage RWP RSP USP rcds psc, General Officer Commanding of 21 Infantry Division and supervision of Colonel P M de Silva RSP USP, Commander, 213 Infantry Brigade. In line with the same event, school accessories were also distributed among 20 children.



House for a Needy Family

Major General S A Kulatunge RWP RSP VSV USP psc, Commander Security Forces (East) vested the newly constructed house at Kaduruwela area for a deserving family of special needs on 28 May 2024.

Troops of 7 Sri Lanka Artillery rendered their manpower and technical expertise to complete the project within three months. After the simple ceremony, the troops also donated essential items for the family.



Sinhala Language Programme at Oddamavadi



A few months ago, Security Forces (East) launched a Sinhala Language Training Programme at Ramakrishna Missionary School in Kokkadicholeyi. This initiative aims to strengthen reconciliation among the country's ethnic groups. To assess the progress of the programme, Major General S A Kulatunge RWP RSP VSV USP psc, the Commander of Security Forces (East), visited the school on 24 May 2024. Presently, the programme is conducted with 103 participants. During the visit, those participants showcased their language skills to the Commander Security Forces (East). Mr. H M Anver serves as the instructor of this course.

The certificate awarding ceremony for the Diploma in Sinhala Language was held on 26 May 2024 at Oddamavadi National School. During the ceremony, 150 students who successfully completed the course received their diplomas. Additionally, 220 students who are still enrolled in the course were provided with textbooks to aid in completing their diplomas.

Major General S A Kulatunge RWP RSP VSV USP psc, the Commander Security Forces (East) graced the occasion as the chief guest.



QMG Visits Security Forces (West)

Major General G M N Perera RWP RSP USP ndc, Quarter Master General, and Major General A K Rajapaksa RSP, Master General Ordnance visited Security Forces (West) on 11 June 2024. Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the Commander Security Forces (West), warmly welcomed the visiting Quarter Master General and Master General Ordnance extending greetings. The discussions were focused on issues related to the administrative and quartering matters.

61 Division Diners Club Successfully Culminated



The 61 Infantry Division hosted a Diners Club event on 28 May 2024 at the Banquet Hall of the Sri Lanka Light Infantry (SLLI) in Boossa with the participation of Officers. Major General S W M Fernando WWV RWP RSP VSV USP ndc psc MPhil, the Commander of Security Forces (West), educated the audience on 'Military Strategic Leadership Through Professionalism and Intellectualism.'

A total of 77 Officers including Major General K H M S Wikramaratne RSP, General Officer Commanding of the 61 Infantry Division, the Deputy General Officer Commanding of the 61 Infantry Division, Brigade Commanders, Commanding Officers, attended the event.





SF (Central) Commander Visits SLMA



Major General S R B Aluvihare RWP RSP ndu psc, Commander Security Forces (Central) made a visit to the Sri Lanka Military Academy (SLMA) on 06 June 2024. After acknowledging the reception of warm welcome, Commander Security Forces (Central) paid tribute to Sri Lanka Military Academy (SLMA) War Heroes at the monument by laying floral wreath. At the end of his formal visit, Major General U L J S Perera RSP USP psc, Commandant of SLMA presented a memento to the visiting Major General S R B Aluvihare RWP RSP ndu psc as a token of appreciation.

Colonel Commandant of Corps of Engineer Services Visits 1 Engineer Services Regiment



Major General I A N B Perera RWP USP ndu psc, the Military Secretary of the Sri Lanka Army and Colonel Commandant of the Corps of Engineer Services (CES), visited the 1 Engineer Services Regiment (1 ESR) on 22 June 2024. After extending a warm reception to the the Military Secretary of the Sri Lanka Army and Colonel Commandant of CES, Lieutenant Colonel P A A S Perera, the Commanding Officer briefed the unit's tasks, responsibilities, and recent achievements, highlighting its vital role in supporting the military in detail.

During his visit to the camp premises, the Military Secretary of the Sri Lanka Army gained firsthand knowledge of the capabilities of 1 CES. Later, he appeared for a group photograph with the Officers, before joining the all-rank tea. Thenafter, the Military Secretary of the Sri Lanka Army and Colonel Commandant of the CES addressed the troops highlighting the importance of maintaining the professionalism and comradarie. Brigadier K L Munasinghe, USP, the Centre Commandant of CES, Officers, and Other Ranks joined the visit.



A Series of Inspiring Lectures for Soldier Motivation

Three phases of lectures on 'Soldier Motivation' were successfully held on 23, 26 and 27 June 2024 at Army Training School in Maduruoya, 53 Infantry Division and Army Nursing School, Anuradhapura. Lieutenant Colonel E A A S Chaminda, Editor-in-Chief of the Ranaviruwa Monthly Magazine - Directorate of Media and Psychological Operations enlightened the audience on 'Sri Lanka Army War Literature' sharing exceptional wartime experiences of the War Heroes. The session culminated with another educative session on "Proud Soldier" that highlighted the importance of enhancing the professionalism. Major M H M S Bandara MIC of Directorate of Media and Psychological Operations conducted the second session.



Lieutenant Colonel E A A S Chaminda, Editor- in-Chief conducting an inspiring lecture on "War Literature and Soldier Motivation" on 27 June 2024 at Army Nursing School, Anuradhapura



Lieutenant Colonel E A A S Chaminda, Editor- in-Chief and Major M H M S Bandara conducting an inspiring lecture on "War Literature and Soldier Motivation" on 26 June 2024 at 53 Infantry Division



Lieutenant Colonel E A A S Chaminda, Editor- in-Chief conducting an inspiring lecture on "War Literature and Soldier Motivation" on 23 June 2024 at Army Training School, Maduru Oya

Poson Highlights

Artillery Brigade - Polonnaruwa



Troops of Artillery organised a Dansela in front of the Gunners Club, for the pilgrims entering and exiting Polonnaruwa on Poson Poya Day (21 June 2024) following the direction of Major General B K G M L Rodrigo RSP psc IG, Colonel Commandant of Regiment of Sri Lanka Artillery, and supervision of Brigadier S P Malawarage RSP USP IG, Commander of Artillery Brigade. During the dansala, the devotees enjoyed pol roti, jack fruit and tea. Senior Officers, Officers, and Other Ranks from the Artillery Complex - Minneriya actively participated in the event.

Sri Lanka Sinha Regiment



A 'Rice Dansela (free eatery stall) was organised on the Poson Poya Day near Ambepussa Railway Station under the guidance of Major General W P A D W Nanayakkara RSP VSV USP ndu, Commander of Security Force Headquarters (Wanni) and Colonel of the Regiment of Sri Lanka Sinha Regiment (SLSR), and the supervision of Brigadier C S Thibbotuge, Centre Commandant of Sri Lanka Sinha Regiment (SLSR). Mrs. Neluka Nanayakkara, Chairperson of SLSR Seva Vanitha Branch, graced the occasion as the chief guest. Nearly, 4500 individuals residing in and around the area, benefited from the programme.

16 Gajaba Regiment



In line with the Poson Full Moon Poya Day, troops of 16 Gajaba Regiment organised a Milk Rice Dansala at the Gallena Raja Maha Viharaya, Karuwalagaswewa following the direction of the Commanding Officer, 16 Gajaba Regiment on 21 June 2024. Officers, Other Ranks and residents in the area participated in the dansala programme.

22 Infantry Division



Troops of 22 Infantry Division organised 'Bun and Tea dansala' at the camp premises of Keselthuduwa on 21 June 2024 following the directions of Major General P A M Peiris RSP USP psc, General Officer Commanding, 22 Infantry Division. Devotees in the area benefited from the dansala.

Sri Lanka Signal Corps



Sri Lanka Signal Corps Seva Vanitha Branch conducted a sago dansala on 21 June 2024 under the patronage of Mrs. Ganga Herath, the President of Sri Lanka Signal Corps Seva Vanitha Branch in front of the temple of sacred tooth relic, Kandy. Venerable Niyangoda Vijithasiri Thero, Deputy Chief Incumbent of the Malwathu Chapter together with Venerable Seelaratana Thero from Bodhirukkhamaya, Buwelikada declared open the dansala for public. The event was organised with the intention of quenching the thirst of devotees coming from all over the island to worship the sacred tooth relic.



24 Infantry Division



In line with the Poson Full Moon Poya Day, troops of the 24 Infantry Division cleaned the 'Buddhangala Temple to remove debris and dirt of the temple complex on 19 June 2024. Major General W L A C Perera RWP RSP USP, the General Officer Commanding of 24 Infantry Division supervised the project.



Sri Lanka Army Pioneer Corps

In line with the Poson Full Moon Poya Day, troops of 1 Battalion of Sri Lanka Army Pioneer Corps organised a Jack Dansala on 18 June 2024 at the camp premises. Lieutenant Colonel R P C N Piyathissa Isc, Commanding Officer of 1 Battalion of Sri Lanka Army Pioneer Corps, Major W K Weerasuriya, Lieutenant S J Siriwardhana and members of Sri Lanka Army Pioneer Corps Seva Vanitha Branch joined the event.

Sri Lanka Light Infantry

Sri Lanka Light Infantry Seva Vnaitha Branch organised a Manioc Dansala in line with the Poson Full Moon Poya Day (on 21 June 2024) under the patronage of Mrs. Wajira Perera, the President of Sri Lanka Light Infantry Seva Vnaitha Branch in front of Silver Bugle Cafeteria. Members of Sri Lanka Light Infantry Seva Vanitha Branch extended their generous assistance for the success of the project.



The Eye Unit of the Teaching Hospital, Jaffna,



The Eye Unit of the Teaching Hospital, Jaffna, conducted a charity event on 21 June 2024, in line with Poson Poya Day at the hospital premises. Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, the Commander Security Forces (Jaffna), inaugurated the dansala organised at the Teaching Hospital, Jaffna. Chief Secretary of the Northern Province, Dr. M Malaravan, the Consultant Eye Surgeon of the Teaching Hospital (Jaffna) and hospital staff, participated in the programme.

12th Regiment of Sri Lanka National Guard



Troops of 12th Regiment of Sri Lanka National Guard (SLNG) organised a delicious lunch treat on 18 June 2024 in line with the Poson Full Moon Poya Day at Muruthana Sri Murugan College premises. The programme was implemented under the directions of Major General S A Kulatunge RWP RSP VSV USP psc, Commander, Security Forces (East) and supervision of Major H M V P Herath, the Commanding Officer of 12th Regiment of Sri Lanka National Guard (SLNG). Nearly 450 local residents including students, teachers and the parents of Pondukachchena Ghanapati College and Muruthana Sri Murugan College benefited from the project. Major General W P Kariyawasam, General Officer Commanding of 23 Infantry Division, Senior Officers, Officers, Police Officers, Other Ranks and the principals participated in the event.

Security Forces Headquarters (East)



Troops of the Security Forces Headquarters (East) organised Jackfruit, chickpea and cassava Dansala in Welikanda town on Poson Poya day (21 June 2024) under the guidance of Major General S A Kulatunge RWP RSP VSV USP psc, the Commander, Security Forces (East). A large number of civil communities living in the area attended the dansala. Four beautiful Poson lanterns made by troops of Security Forces (East) added glamour to Poson day. Senior Officers, Officers, and Other Ranks of the Security Forces (East) participated in the event.

51 Infantry Division



Troops of 51 Infantry Division organised a Dhamma Sermon following the directions of Major General W B J K Wimalaratne RWP RSP, the General Officer Commanding, 51 Infantry Division on 21 June 2024. Major General M G W W M C B Wickramasinghe RWP RSP ndu psc, the Commander Security Forces (Jaffna) graced the occasion as the Chief Guest. Venerable Meegahadure Siriawimala Thero, the Chief Incumbent of Sri Naga Viharaya Temple, Jaffna, Reverend Ravi, the Chief Kurukkal of Kondawil Palaniyandi, Father Macdoanals, and Director of Spiritual Centre of Jaffna University emphasised the importance of reconciliation and collectivity.

24 Infantry Division



Coinciding with Poson Poya Day, Buddhangala Temple organised relic's exhibition held from 21 - 23 June 2024 at the temple premises. The event was conducted under the guidance of the District Secretariat Office and supervision of Major General W L A C Perera RWP RSP USP, General Officer Commanding of 24 Infantry Division. The General Officer Commanding of 24 Infantry Division enshrined relics at a special forum for public veneration on 22 June 2024. During the exhibition, an almsgiving ceremony held for the Buddhist monks. Additionally, a cool drink dansala organised in the same premises benefited the devotees and pilgrims visiting the temple.

4 Gemunu Watch



Troops of 4 Gemunu Watch, organised a Rice Dansala on 21 June 2024 at Unnachchiya Lake premises under the guidance of Major General S A Kulatunge RWP RSP VSV USP psc, Commander, Security Forces (East), with the supervision of Major General W P Kariyawasam, General Officer Commanding of 23 Infantry Division.

14 Vijayabahu Infantry Regiment



Troops of 14 Vijayabahu Infantry Regiment conducted a cleaning campaign on 17 June 2024, at the Elders' Home in Lesley Ranagala Mawatha, Borella in line with Poson Poya Day, under the direction of the General Officer Commanding of the 14 Infantry Division.

24 Infantry Division



Highlighting the importance of the Poson Full Moon Poya Day and arrival of Most Reverend Mahinda Thero who brought the Buddhism to Sri Lanka, a Poson Zone was organised in Ampara under the direction of Major General W L A C Perera RWP RSP USP, the General Officer Commanding of the 24 Infantry Division. An illumination Pooja at Deegawapiya, a relic's exhibition, and a milk food offering held at the premises together with the devotees and members of the Army.

Military Intelligence Corps



The Military Intelligence Corps Seva Vanitha Branch organised a Cassava Dansela on 21 June 2024 in front of the Regimental Centre of Military Intelligence Corps under the guidance of Mrs. Prasadini Ranasinghe, Chairperson of the Military Intelligence Corps Seva Vanitha Branch on Poson Poya Day. Nearly 1500 devotees participated in the dansala.

Army Ordnance Depot, Veyangoda



A Jackfruit Dansala was successfully held at Army Ordnance Depot, Veyangoda on Vesak Full Moon Poya Day (on 23 June 2024) following the directions of Commandant, Army Ordnance Depot, Veyangoda.

611 Infantry Brigade



The troops of 611 Infantry Brigade organised a Cassava Dansala under the guidance of Brigadier H D L S Perera RWP RSP ndc, Commander 611 Infantry Brigade, on Poson Poya day (21 June 2024) in front of the Brigade Headquarters, Beragala, Kegalle. Number of devotees in the area benefited from the dansala.

Commander- 112 Infantry Brigade Visits 19 Battalion of Sri Lanka National Guard



Colonel K R Kalupahana RSP USP, the Commander, 112 Infantry Brigade visited 19 Battalion of Sri Lanka National Guard on 11 June 2024. During his visit, the Commander, 112 Infantry Brigade inquired the administrative and welfare requirements of 19 Battalion of Sri Lanka National Guard. Officers and Other Ranks of 19 Battalion of Sri Lanka National Guard participated in the event.

A Course on Mess Accounts at 53 Infantry Division



A workshop on Mess Accounts, with the aim to enhance the knowledge of Senior Non-Commissioned Officers and Non-Commissioned Officers, was held on 06 May 2024 at 53 Infantry Division. The workshop was held under the guidance of Major General P G P S Rathnayaka RWP RSP ndc, General Officer Commanding of 53 Infantry Division. 31 Non-Commissioned Officers participated in the workshop.

Basic Medicine Course at 541 Infantry Brigade



541 Infantry Brigade conducted a basic medicine course for the soldiers serving in the 54 Infantry Division area of responsibility from 06 May 2024 to 11 May 2024. The initiative was implemented following the direction of Major General K M P S B Kulatunga RSP ndc psc, General Officer Commanding of 54 Infantry Division.

The basic medicine course attended by 40 Other Ranks included basics of first aid, Ayurvedic medicine and snakes handling. Brigadier B Y C Fernando RWP USP, Commander, 541 Infantry Brigade, awarded the certificates for those who successfully completed the course. Dr. Lieutenant S L Y G Kumara SLAMC of Medical Reception Station 54 Infantry Division, Ayurvedic Doctor P A Fernando of Pallemadu Ayurvedic Hospital, Sergeant Kumara M G N G Medical Assistant of 541 Infantry Brigade and Sergeant Abeysingha B A M G S I R K of Commando Regiment Special Warfare Training School extended their resourceful assistance for the successful completion of the basic medicine course.

Special Forces Veterans' Association -2024



The 4th Annual General Meeting (AGM) of the Sri Lanka Army Special Forces Veterans' Association was held on 22 June 2024, at Hotel Kroll Village in Kurunegala, with the participation of 185 Special Forces veterans. The event was graced by distinguished guests, including the former Commander of the Army, General N U M M W Senanayake (Rtd) RWP RSP VSV USP USACGSC, Major General J P C Pieris RWP RSP ndc, Colonel of the Regiment Special Forces and Colonel Jayavi Fernando (Rtd) WWV RWP RSP USP.

During the AGM, key appointments for the year 2024-2025 were made, and a lifetime membership was awarded to the former Commander in recognition of his significant contributions to the Special Forces Regiment.

Prefects' Investiture Ceremony at Swarnamali Girls' College, Kandy



The Prefects' Investiture Ceremony at Swarnamali Girls College, Kandy was held under the gracious participation of Major General R M M Ranasinghe WWV RWP RSP, the General Officer Commanding (GOC) of 11 Infantry Division, on 25 June 2024.

20 SLSR Installs a Water Facility for a Deserving Family



The 20 Sri Lanka Sinha Regiment (SLSR) constructed a well and vested in a needy family in Gothamegama, Sellakataragama, in line with the Poson festival. The proceeding of the event initiated under the patronage of Venerable Denagama Dhammarathana Thero, Chief Incumbent of Wathurawa Rajamaha Viharaya. Mr. Rajith Thennekon, founder and president of the 'Seth Sadana Maga Samaja Sathkara' organisation, funded this project under the coordination of the General Officer Commanding of the 12 Infantry Division.

6 Gemunu Watch Gifts a New House for a Deserving Family



Troops of the 6 Gemunu Watch (GW) constructed a new house for a deserving family residing in Pudukudirippu under the guidance of the Commander of 593 Infantry Brigade. Major General W M P M Wijesooriya RWP RSP ndu, the General Officer Commanding of 59 Infantry Division, warmed in the house for the beneficiary on 02 May 2024 during a simple ceremony gracing the occasion as the chief guest. 'Lift Life Foundation' extended the much required financial generosity for the successful completion of the project and troops of 6 Gemunu Watch completed the house construction with 10 days. Additionally, as part of the event, families affected by flooding of the Theravil tank were provided with essential sanitary equipment to clean their homes.

Troops of 561 Infantry Brigade Swiftly Clear the Rail Roads



A passenger train travelling from Kankasanthurei to Anuradhapura collided with a herd of wild elephants, causing significant disruption and endangering animal lives. In response to this critical situation, two teams from the 561 Infantry Brigade and the 16 Sri Lanka Singha Regiment swiftly intervened under the direction of Major General S Kasthurimudali RSP ndc psc, General Officer Commanding of the 56 Infantry Division, under supervision of Colonel R S C Dissanayake RSP, Overlooking Brigade Commander of the 561 Infantry Brigade to clear the road and provided the medical assistance for the wounded tuskers together with Department of Wildlife Officers and Railway Officers. After 10 hours, the rail tracks were restored cleaning and repairing the rail tracks ensuring the safety of passengers.

53 Infantry Division Builds a Special Sanitary Facility for Differently-abled



Further extending the community projects, troops of 53 Infantry Division installed a sanitary facility for Mr. D M Rohana Bandara – a deserving differently-abled residing at No. 1007/1, Udugam Kotasa, Kithulhitiyawa who was paralysed due to a road accident. The troops serving in the under command battalions, units and training schools extended their manpower and technical expertise for the successful completion of the project under the supervision of General Officer Commanding of 53 Infantry Division. The completed sanitary facility was vested to the beneficiary on 03 June 2024.

56 Infantry Division Distributes Maternity Aid



A programme to distribute essential items for the expecting mothers in Vavuniya took place in line with the Vesak Full Moon Poya day at 56 Infantry Division on 23 May 2024 at the Omanthe Central College. Major General S Kasturimudali RSP ndc psc, the General Officer Commanding of 56 Infantry Division, graced the occasion as the chief guest and distributed essentials among 20 pregnant mothers. Mrs. Oshadi Athukorala, extended the financial generosity for the project. Senior Officers, Officers and Other Ranks participated in the event.

Director General Training Visits ATS Maduruoya

Major General K M P S B Kulathunga RSP ndc psc, the Director General Training, made an official visit to the Army Training School (ATS) on 05 June 2024.

Brigadier K T P De Silva RSP ndu psc, Commandant of ATS warmly welcomed the Director General Training to the ATS premises following the military formalities. After hearing a comprehensive briefing on the ATS's role and the various functional aspects of its training programmes, the Director General Training appeared for a group photograph.



After addressing the troops, the Director General Training, inspected the school premises together with the Commandant, Staff Officers, and instructors.

MUAY THAI Combat Self-Defence Course at 57 Infantry Division



The Special Forces Regiment conducted a rigorous MUAY THAI Combat Self-Defence course from 13 May to 03 June 2024 at 3 Special Forces Headquarters following the conceptual layout of Major General J P C Peiris RWP RSP ndc, Colonel of the Regiment, Special Forces and General Officer Commanding of 57 Infantry Division and the supervision of Colonel D S Horawalavithana WWV RWP RSP, Commander Special Forces Brigade.

A total of 44 students participated in the course. Colonel P P C Perera psc, Vice President of the Army Muay Thai Committee together with seven skilled instructors conducted the course. The course focused on enhancing combat self-defence capabilities, equipping participants with essential skills and strategies for real-world scenarios.

61 Infantry Division Marks 16th Anniversary



In line with the 16th anniversary of 61 Infantry Division, a series of programmes held under the patronage of Major General K H M S Wikramaratne RSP, the General Officer Commanding, 61 Infantry Division on 30 May 2024. The programme initiated offering a guard turnout at the entrance for the General Officer Commanding, 61 Infantry Division. Then the troops joined with all rank tea followed by a friendly cricket tournament organised in order to promote the camaraderie among the troops. The anniversary events marked the culmination offering a delicious lunch treat for the senior citizens at 'Wijerathna Elders' Home in Rathgama. Officers and Other Ranks of 61 Infantry Division participated in the event.

SLMA Officer Cadets Visit Security Forces (Jaffna)



The Officer Cadets of Sri Lanka Military Academy visited the Security Forces (Jaffna) on 30 and 31 May 2024. The visit extended to Thalsewana Army Resort, Jaffna Town, Jaffna Fort, Jaffna Library, General Denzil Kobbakaduwa Memorial, Dambakola Patuna, Sangupitiya Bridge, War Heroes Monument – Elephant Pass and Monument -Kilinochchi.



10 Officer Cadets representing Kenya, Zambia, Gambia, and Uganda and 227 local Officer Cadets included in the delegation together with the Officer and Other Ranks instructors. During the visit, the Officer Cadets received a comprehensive briefing on the Jaffna peninsula, its origin and development of the Security Forces-Jaffna, role and responsibility of the Security Forces in Jaffna.



GOC of 24 Infantry Division Visits Kattankudy Mosques



Major General W L A C Perera RWP RSP USP, the General Officer Commanding (GOC) of 24 Infantry Division, paid a courtesy visit to the Federation of Kattankudy mosques and Muslim institutions on 05 June 2024. The secretary of the Committee M M M Ilham Falahi-Mavulavi educated the General Officer Commanding (GOC) of 24 Infantry Division, on the role and task of the community and main problems such as drug trafficking and smuggling. Further, the General Officer Commanding of 24 Infantry Division, educated the community on the importance of maintaining the peace and reconciliation among the ethnicities in the area as a one nation. The General Officer Commanding (GOC) of 24 Infantry Division, Colonel General Staff, Civil Coordinating Officer of 243 Infantry Battalion, Officers and members of the federation participated in the occasion.

Strength to Boost the Education from 241 Infantry Brigade



Troops of 241 Infantry Brigade distributed repaired musical instruments to Ampara Dhammaratha Sinhala School, in Akkaraipaththuwa area under the guidance of Brigadier L S D N Pathiratne RSP USP, Commander, 241 Infantry Brigade on 31 May 2024. The school's musical instruments, primarily used in the drama section, which had become unserviceable after long use accordingly repaired upon the principal's request. Sri Madura in Matara-leading musical instrument manufacturing institute extended the financial assistance. Civil coordinating Officer of 241 Infantry Brigade coordinated the project. Venerable Chief Incumbent of Sri Vijayarama Vihara, Brigade Commander, 241 Infantry Brigade, the Principal of the school, staff of the school and students participated in the event.

4 Gemunu Watch Warms a New House for a Needy Family



In line with the 75th Army Day, the troops of 4 Gemunu Watch constructed a house for a differently abled needy family in Kochithottam Periyapillumale. The project was executed under the directions of Major General S A Kulatunge RWP RSP VSV USP psc, Commander of the Security Forces (East). Major General W P Kariyawasam, General Officer Commanding of the 23 Infantry Division supervised the project. Major General W P Kariyawasam, General Officer Commanding of the 23 Infantry Division handed over the key of the house to the beneficiary. Senior Officers, Officers and Other Ranks participated in the event.

Special Meditation Programme from 56 Infantry Division



A special meditation programme was conducted on 01 June 2024 at 56 Infantry Division with the aim of uplifting and strengthening the spiritual development and motivation of Officers and Other Ranks to maintain their dedicated service towards the nation. Major General S Kasthurimudali RSP ndc psc, the General Officer Commanding of 56 Infantry Division, directed and supervised the project. Venerable Dinwatte Suseela Thero, conducted the meditation programme. Senior Officers, Officers, and Other Ranks of 56 Infantry Division participated in the event.

Troops of 19 SLLI Build a House for a Needy Family



The troops of 19 Sri Lanka Light Infantry constructed a new house for Mrs. Dinusha Rukmali, a resident of the Kuda Weva village of the Polonnaruwa district and warmed in under the patronage of Major General P G P S Ratnayake RWP RSP ndc, the General Officer Commanding of 53 Infantry Division on 09 June 2024. The house construction was completed with the participation of all Officers under the supervision of Major B A K I K Bogoda RWP USP, Commanding Officer, 19 Sri Lanka Light Infantry.

Colonel C P Wickramaratne RSP USP, Brigade Commander of 532 Infantry Brigade, Police Inspector K G A Sarath Kumara, OIC of Manampitiya Police Station, Mr.S M Al Amin Divisional Secretary, Dimbulagala, and philanthropists participated in the programme.

11 SLE Troops Provide Treats for Lakdaru Pre-School Children at Navatkuli



The troops of the 11 Field Engineer Regiment (11 SLE), organised a special lunch for the children of Lakdaru Pre-school in Navatkuli on 14 June 2024 under the leadership of Lieutenant Colonel K G C K Kudagamage, Commanding Officer of 11 Field Engineer Regiment. The pre – school is the only mixed primary school in the area. The effort of 11 Field Engineer Regiment was highly appreciated by teachers and parents of the pre-school.

Newly Constructed Guard Room and Main Gate at 58 Infantry Division Declared Open



Major General H D W K N Eriyagama RWP RSP, General Officer Commanding of 58 Infantry Division declared open a newly constructed guard room and the main entrance at 58 Infantry Division on 27 April 2024 marking a new chapter in the history of 58 Infantry Division. This projects were made possible through the consolidated effort of Officers and Other Ranks of the 58 Infantry Division. Officers and Other Ranks of the Division attended the event.

1 Signal Brigade Marks its 36th Anniversary



The 1 Signal Brigade deployed at Salawa, Kosgama celebrated its 36th anniversary following a series of events followed by military formalities on 01 June 2024 under the guidance of Brigadier P W M D Wijeratne RSP USP, Brigade Commander, 1 Signal Brigade. The inauguration of the anniversary events marked with the unveil of the name board of 1 Signal Brigade at the entrance by the Brigade Commander, 1 Signal Brigade. After a short while, 1 Signal Brigade took part in all-rank tea. Senior Officers, Officers and Other Ranks took part in the anniversary events.

Another New House from 11 Field Sri Lanka Engineers



Troops of the 11 Field Sri Lanka Engineers, laid the foundation stone for another new house for a deserving family in Nunavil on 22 May 2024. The project was organised under the conceptual layout of Major General Y A B M Yahampath RWP RSP ndu psc, General Officer Commanding, 52 Infantry Division and supervision of Colonel S M C A S Samarathunga RSP, the Commander 523 Infantry Brigade. Imaging International Compassion (pvt) Ltd in Australia extended the financial generosity for the project. The General Officer Commanding of 52 Infantry Division, Members of the charity organisation, Faster A Arul and members of the Christian religious leaders, Senior Officers, Officers, Other Ranks, family members and villagers joined the occasion.

Annual General Meeting of Army Seva Vanitha Unit (ASVU)

The monthly meeting of the Army Seva Vanitha Unit (ASVU) was held at the Army Headquarters under the patronage of Mrs. Janaki Liyanage, the President of ASVU on 18 June 2024. During the Annual General Meeting, the President of ASVU also donated a financial grant of Rs. 600,000.00 each to four soldiers serving at the Sri Lanka Army General Service Corps (SLAGSC) to build their houses. Additionally, a financial grant of 450,000.00 was provided to five soldiers to complete partially constructed houses, and another financial grant of 200,000.00 was allocated to a civilian employee for the same purpose.

Further, Rs. 75,000.00 was also granted among two families for the medical treatment of triplets suffering from malnutrition and visually impaired daughter of a soldier. In addition, a financial donation of Rs. 100,000.00 was also granted for three members of Sri Lanka Army General Service Corps to relieve their economic burdens. In line with the same event, dry ration parcels were distributed among 20 soldiers and civil servants of Sri Lanka Army General Service Corps. Additionally, necessary school equipment was provided to the children of 10 soldiers and civil servants.



Dry Ration Distribution



The Army Seva Vanitha Unit (ASVU) distributed 400 dry ration packs among selected Army & Civil Personnel working at Security Forces (Jaffna), Security Forces (East), Security Forces (Wanni) and Security Forces (Central) on 10 and 12 June 2024 at ASVU office. Mrs. Janaki Liyanage, the President, ASVU graced the occasion as the chief guest and distributed those relief packs among the recipients.



Community Project in line with Annual General Meeting



The Annual General Meeting (AGM) of the Sri Lanka National Guard Seva Vanitha Branch (SLNG-SVB) was held at the SLNG Regimental Centre, Heraliyawala, on 08 June 2024. Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit and Chairperson of the SLNG-SVB, graced the occasion as the Chief Guest.

During the Annual General Meeting President of the Army Seva Vanitha Unit, donated a wheelchair to special needs children of SLNG families. Senior Officers, Officers, members of SLNG - SVB participated in the occasion.

Series of Programmes to Celebrate Two Years as ASVU President



Mrs. Janaki Liyanage marked two years of service as the President of the Army Seva Vanitha Unit (ASVU) on 03 June 2024. A series of programmes were held in line with the completion of two years as the President of the Army Seva Vanitha Unit.

After invoking the noble blessings from the Venerable Maha Sangha, Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit donated dry rations among the members of Sri Lanka Army. In addition, Sri Lanka Artillery Seva Vanitha Branch donated 04 emergency beds used in Intensive Care Units to the President of Army Seva Vanitha Unit to be gifted for the use of Sri Lanka Army Hospital, Narahenpita. Senior Officers, Officers, members of Army Seva Vanitha Unit participated in the occasion.





The ASVU President Visits War Heroes at Mihindu Seth Medura



A programme to distribute essentials and dry rations for 125 battle hardened War Heroes who are undergoing recuperation and rehabilitation in the Abhimansala I,II,III and Mihindu Seth Medura and their families in order to upgrade their living standards was held at Mihindu Seth Medura, Attidiya on 07 June 2024.



During the visit, the President of ASVU interacted with the residential War Heroes at Mihindu Seth Medura visiting to each wards. Later on, the President of ASVU offered the lunch treat for the War Heroes. Before the culmination of the visit, the President of ASVU donated a stock of cleaning items and other required equipment for the swimming pool.

ASVU Hosts Ice Cream Dansala on Poson Poya Day



Army Seva Vanitha Unit (ASVU), organised an Ice Cream Dansala on 20 June 2024, under the directions and supervision of Mrs. Janaki Liyanage, President of the ASVU on Poson Poya Day near the Commander's Residence in Colombo 05.

Mrs. Janaki Liyanage, President, ASVU inaugurated the Dansala distributing ice creams among number of local residents who attended the event. The initiative attracted a diverse gathering from the surrounding community.

Sri Lanka Light Infantry Seva Vanitha Branch



The Sri Lanka Light Infantry Seva Vanitha Branch donated a stock of educational accessories in order to facilitate the education for the students of Waga Sri Rathanasara School under the patronage of Mrs. Vajira Perera, Chairperson of the Sri Lanka Light Infantry Seva Vanitha Branch (SLLI – SVB) on 14 June 2024.

The donation programme was implemented as a community project for future generation. All members of the Sri Lanka Light Infantry Seva Vanitha Branch and Brigadier J K R P Jayasinghe RWP RSP USP, Centre Commandant of Sri Lanka Light Infantry participated in the programme.

Sri Lanka Sinha Regiment Seva Vanitha Branch



A programme to distribute basic maternity essentials for 67 pregnant spouses of Officers and Other Ranks held on 21 June 2024 under the guidance of Mrs. Neluka Nanayakkara, Chairperson of the Sri Lanka Sinha Regiment Seva Vanitha Branch (SLSR SVB) in line with the Poson Poya Day at the Regimental Headquarters, SLSR.

During the event, milk packets sufficient for six months donated to a soldier whose wife recently delivered triplets, providing much-needed support to the family. In addition, members of SLSR SVB, Senior Officers, Officers and Other Ranks participated in the event.

Mechanized Infantry Regiment Seva Vanitha Branch



In celebration of the Vesak festival, Mechanized Infantry Regiment Seva Vanitha Branch organised a ranawara, belimal, buns, and biscuits dansala in front of the Rangiri Dambulla Rajamaha Viharaya on 23 May 2024. The event was conceptualised by Mrs. Priyanga Wickramasinghe, Chairperson of the Mechanized Infantry Regiment Seva Vanitha Branch. Members of Mechanized Infantry Regiment Seva Vanitha Branch, Officers and Other Ranks participated in the event.

Vijayabahu Infantry Regiment Seva Vanitha Branch



The 27th Annual General Meeting of the Vijayabahu Infantry Regiment Seva Vanitha Branch (VIR SVB) was held under the guidance of Mrs. Thushara Yatiwawala Aluvihare, Chairperson, VIR SVB on 02 June 2024 at the Salute Conference Hall. During the occasion, a sum of Rs. 50,000.00 was granted to a VIR soldier for his daughter's cancer treatment. Another Rs. 50,000.00 was donated to a civil employee of VIR to support his son's university education. Further, Major General S R B Aluvihare RWP RSP ndu psc, Colonel of the Regiment, Vijayabahu Infantry Regiment, handed over Rs. 500,000.00 to the Chairperson to strengthen the VIR SVB fund.

Commando Regiment Seva Vanitha Branch



A programme to distribute basic maternity essentials among 28 pregnant spouses of Other Ranks and civil servants was held following the conceptual layout of Mrs. Nimali Ranathunga, Chairperson of the Commando Regiment Seva Vanitha Branch (CR SVB) on 17 June 2024 at the Commando Regiment Headquarters for the first time in their history. Additionally, a financial donation was made to construct a house for a civilian employee during the occasion. Major General P G P S Rathnayake RWP RSP ndc, Colonel of the Commando Regiment, Mrs. Nimali Ranathunga, Chairperson of the Commando Regiment Seva Vanitha Branch, Members of CR SVB, Senior Officers, Officers and Other Ranks participated in the event.

Special Forces Seva Vanitha Branch



Special Forces Seva Vanitha Branch distributed school stationery items during a simple ceremony on 15 June 2024 among 30 children of 'Singithi Sevana' Children's Home in Kandy. The programme was held under the patronage of Mrs. Anoja Peiris, the President of Special Forces Seva Vanitha Branch. Moreover, the snacks and tea were also offered during the same programme. Members of Special Forces Seva Vanitha Branch, Senior Officers, Officers and Other Ranks participated in the programme.

Corps of Engineer Services Seva Vanitha Branch



Mrs. Uditha Perera assumed duties as the new Chairperson of the Corps of Engineer Services Seva Vanitha Branch (CES SVB) on 30 May 2024, in a simple ceremony amidst the religious observances held at the Regimental Centre, the Corps of Engineer Services. After the duty assumption, the new Chairperson of the Corps of Engineer Services Seva Vanitha Branch discussed the future projects with the members.

Sri Lanka Army Service Corps Seva Vanitha Branch



The 7 Sri Lanka Army Service Corps (SLASC) organised an awareness programme aimed at self-employed small-scale businesses under the guidance of Mrs. Chandi Rajapaksa, Chairperson of the Sri Lanka Army Service Corps. Major K M S N Premaratne USP Lsc, Commanding Officer of 7 SLASC supervised the project. Mrs. Ishini Nawaratne conducted a workshop to educate participants on starting new businesses, covering essential areas in all aspects. Additionally, 21 civil staff members and 16 families of Other Ranks received dry rations during the event. Senior Officers, Officers, and members of the Sri Lanka Army Service Corps were actively involved in the occasion.

Sri Lanka Army Ordnance Corps Seva Vanitha Branch



Sri Lanka Army Ordnance Corps Seva Vanitha Branch (SLAOC SVB) conducted a series of religious events on 1 and 2 June 2024 at the Somawathie Raja Maha Viharaya. The programme aimed to invoke blessings for the War Heroes who sacrificed their lives to uphold the country's territorial integrity and sovereignty. The programme initiated with a Bodi Pooja ceremony, Ashtapana Pooja, and alms giving for Venerable Maha Sanga. Mrs. Iresha Fernando, Chairperson of Sri Lanka Army Ordnance Corps Seva Vanitha Branch, and Major General E M M Fernando Hdmc Lsc AATO, the Logistics Commander, Security Forces (Jaffna), and Colonel Commandant of Sri Lanka Army Ordnance Corps graced the occasion as the Chief Guest. Troops of 3 the Sri Lanka Army Ordnance Corps extended their generous assistance following the directions of their Commanding Officer to make the event successful. Members of Sri Lanka Army Ordnance Corps Seva Vanitha Branch, Officers and Other Ranks participated in the programme.

Sri Lanka Army General Service Corps Seva Vanitha Branch



In line with the upcoming 75th anniversary of Sri Lanka Army Day, the Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC SVB) has scheduled to conduct a series of programmes. During the programme, Dr. Himali Niyangoda, the President of Sri Lanka Army General Service Corps Seva Vanitha Branch donated Rs. 100,000.00 to WP/C/N/St Johns College, Modara along with the dry ration sufficient for 02 months. Major Inoka Wadumethri, Commanding Officer of 4 Sri Lanka Army General Service Corps supervised the project.

Sri Lanka Army Women's Corps Seva Vanitha Branch



Mrs. Udula Kasturimudali, the President of the Sri Lanka Army Women's Corps Seva Vanitha Branch declared open the 'Sahitha Sanhitha' – newly installed library facility for all ranks on 12 June 2024. The project was successfully completed under the direction of Major E M H C De Saram psc SLAWC, the Commanding Officer of 1st Battalion Sri Lanka Army Women's Corps. The new library is consisting of numerous volumes and a modern technological software Library Management System. Mrs. Udula Kasturimudali, the President of the Sri Lanka Army Women's Corps Seva Vanitha Branch also educated the importance of reading books during the event.

Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch



Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch (SLACAL SVB) organised a stationery donation for 20 deserving primary school children of the Other Ranks serving in the 4 (V) Corps of Agriculture and Livestock Unit with the aim to support their education. The programme was implemented following the directions of Mrs. Varuni Kulatunge, Chairperson of SLACALSVB. After a short while, a delicious lunch treat offered for the soldiers and their families and Mrs. Varuni Kulatunge, Chairperson of SLACALSVB also interacted with them. Later, Chairperson of SLACAL SVB conducted a meeting at the Battalion Headquarters and had a discussion at chutney factory. Members of the SLACAL SVB, the Centre Commandant and Senior Officers participated in this event.



“Army Commander’s Directions Inspired My Journey into Community Service”

when I took over my duties as the Brigade Commander of 212 Infantry Brigade under command to 21 Infantry Division, present Commander of the Army Lieutenant General H L V M Liyanage RWP RSP ndu, was then General Officer Commanding of 21 Infantry Division. Also, under his far-sighted vision, guidance and close supervision, I was able to continue the house construction projects successfully for the needy community in the area.

*Says ‘Major General P A M Peiris RSP USP psc
The General Officer
Commanding - 22 Infantry
Division*

Major General P A M Peiris RSP USP psc, the General Officer Commanding 22 Infantry Division is a successful veteran with a service of more than 34 years of experience in the military field and a leading figure of community service. After leaving the Royal College, he enlisted the Sri Lanka Army and shouldering number of responsibilities and appointments.

His initiative of housing project, implemented following the direction of Commander of the Army fulfills the innocent dream of house for many deserving members of the community irrespective of their ethnicity. So far, he has gifted 43 houses to deserving families, providing essential shelter and transforming their lives with hope and stability. Further, 07 houses are also under construction to be distributed in the future.

What inspired you to start engaging in social-oriented work ?

At the time where Major General M K D Perera RWP RSP VSV USP ndu (Rtd) was the Commander of the Security Forces (Wanni), I was the Colonel General Staff (Colonel GS) at SFHQ-Wanni at Vauniya and executed number of civil - military programmes for the civilians in the area. He instructed me to involve with the ongoing community-oriented services executed by SFHQ-Wanni. There, I found a deserving family in Welioya Bogaswewa area. The family consisted of four children where both parents had no source to feed any of them. They were in a status of commit suicide, due to the burning financial constraints. Fortunately, I came to know of this and visited them to witness their condition. The incident shock my heart. I quickly checked my friend list and was able to contact a friend of mine, who was a well- established businessman. Mr. Athula Eliyapura - Proprietor of Raja Jewelers - Colombo declared his consent for our project. I told him about this situation. Rather than building a house, he willingly asked me to build 03 houses and extended the necessary financial generosity.

Due to his dedicative assistance, we were able to donate

two more houses for another two needy families in the area. However, when I took over my duties as the Brigade Commander of 212 Infantry Brigade under command to 21 Infantry Division, present Commander of the Army Lieutenant General H L V M Liyanage RWP RSP ndu, was then General Officer Commanding of 21 Infantry Division. Also, under his far-sighted vision, guidance and close supervision, I was able to continue the house construction projects successfully for the needy community in the area.

During that time, I was able to construct nearly 25 houses with all the modern facilities. Further, we were able to donate furniture and electric appliances for them. From that day onward, I am continuing this noble task with the help of my subordinate staff. So far with my close supervision, the Sri Lanka Army have constructed the houses for needy people in Vavuniya, Weli Oya, Kahatagasdigiliya, Thanthirimale, Anuradhapura, Malsiripura, Kekirawa, Kurunegala, Trincomalee, Kanthale, Seruwawila, Pulmude, Morawewa, Thambuththegama, Welimada, Mathale and Diyatalawa. In addition, I have already planned another set of houses for the deserving section of the society in the remote areas of the country in near future.

How do you secure the financial funds required to build these houses?

Well, through my personal contacts... all of my foreign and local philanthropists inclusive of established businessmen, professionals such as doctors, engineers and legal consultants willingly joined with this noble task. Trust me.. We have constructed those houses with all facilities. We provided them with electricity, water supply, gas cylinder etc. Meantime, I should be thankful and convey my gratitude for these donors who willingly contributed their generosity for the housing project. Up to now we have constructed and donated 43 houses for the deserving beneficiaries.

What is the estimated budget for a house under this housing project?



Actually, at the time when the housing project initiated in 2019 the cost of a house was roughly about Rs 550,000. However, with the depreciation of rupee, the cost of an house increased up to Rs 13.5 lakhs. However, we managed to build a house with two rooms, pantry and modern wash room inclusive of two verandas.

What are the measures you've taken to address the critical needs of the community in the area?

According to my point of view, the main problem of the people those who live in the area of responsibility of the 22 Infantry Division is the scarcity of drinking water. However, we managed to provide pipeline facilities as a solution for the issue. Accordingly, the water facilities of the people in Weli Oya, Vaunia, Thanthirimale, were fulfilled through the tube wells which drilled to a far distance of the underground.

Moreover, under my direct guidance and supervision, I have organised a special programme to host a delicious lunch for 350 children who are attending for the Sunday School in Seruwawila Raja Maha Viharaya around ten times and it will be held in future occasions too apart from organising Dansals in the area. This time we organised dansala at Seruwawila Temple premises and nearly 5,500 people benefited from the service. We organised another dansala in front of the 22 Infantry Division for the Vesak Season. Nearly 8500 pilgrims during the season benefited from it.

As per my instructions, the troops under command had organised several other noble tasks inclusive of hosting Dansals for the devotees of Trincomalee during the Vesak Festival. In addition, we have implemented number of programmes to enhance the ethnic harmony among ethnicities. Recently, we organised a special Musical Concert with the participation of most popular Artists inclusive of 'Bathiya and Santhush'. As per the directions of Commander of the Army, we are planned to gift 15 houses on the forthcoming Army day (10 October 2024).

Briefly, do you have anything to add here?

As an Army Officer, if there is a will, there is a way. I wish to



The Commander of the Army bestowed the Commendation Medal for Major General P A M Peiris RSP USP psc the General Officer Commanding - 22 Infantry Division.



develop the housing project up to building 50 houses within the period of 5 years for the deserving civilians. If you want to do any task, the Army, has the capacity and capabilities. Also, when you are climbing on your career ladder holding responsibilities of number of appointments, you need maintain a good public relations with the civil society. You can be either Colonel, or a Brigadier or even a Major General, but you need to develop the public relationship with the general public not for your personal gain but to develop the image of the Army. This will undoubtedly foster greater trust among the general public towards the Army.



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

SPECIAL ROOM CHARGES OF LAYA HOTELS



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



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



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

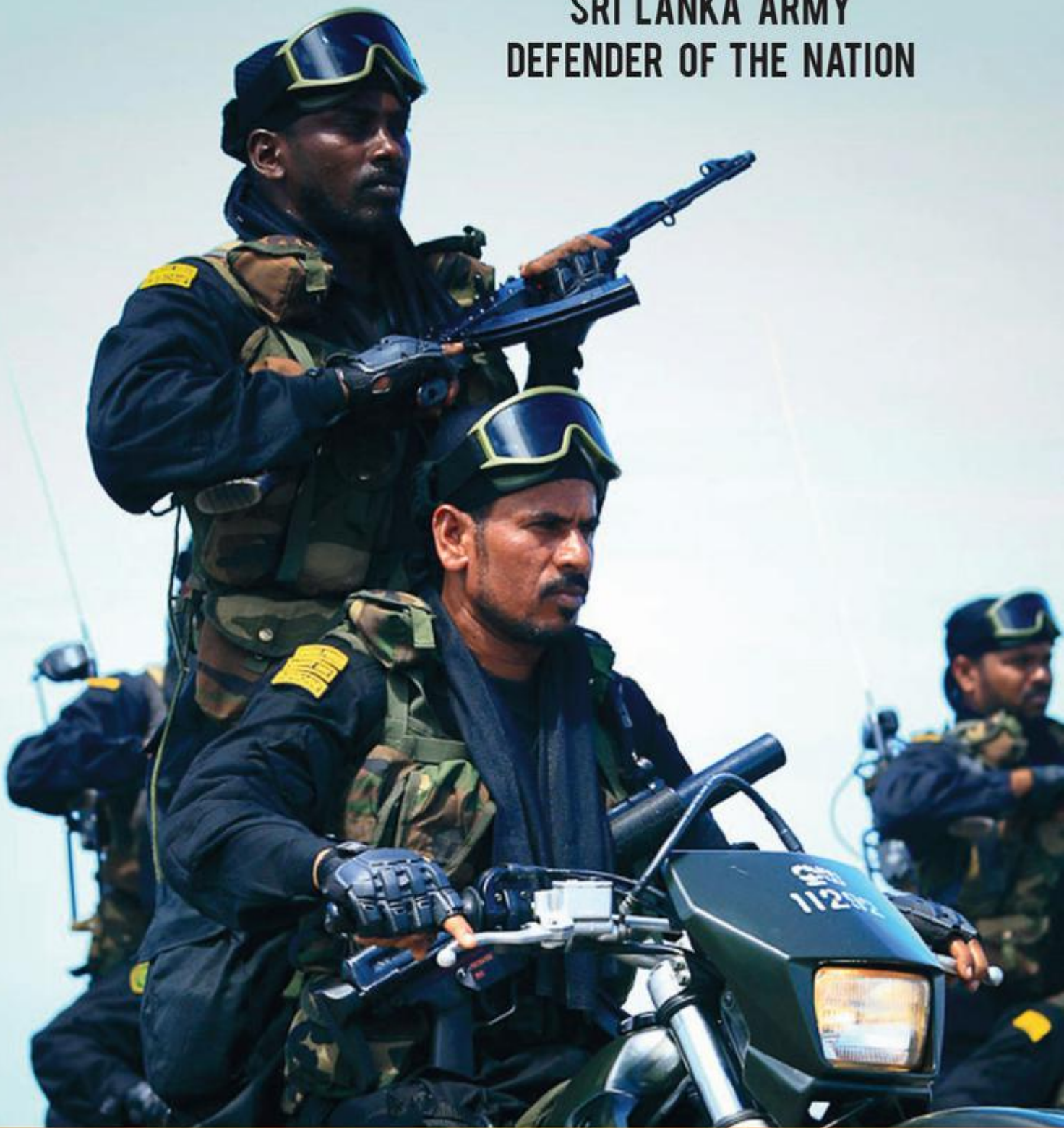


Type	Meal Plan	For Army 1 PAX	For Army 2 PAX	For Army 3 PAX	For Army 4 PAX	For Army 5 PAX	For Army 6 PAX	For Army Room Only	Base Rate for Child
SGL	BB	8,200.00	9,400.00						15,000.00
	HB	9,700.00	11,200.00					7,000.00	16,500.00
	FB	11,200.00	12,700.00						19,500.00
DBL	BB	9,200.00	10,400.00	11,600.00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

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History of Chemical Weapons

The history of chemical weapons spans from ancient times to modern warfare, with significant developments occurring in the 20th century. Chemical weapons are toxic chemical substances designed and used to cause death, injury, temporary incapacitation,

or sensory irritation through their chemical action. These weapons can take various forms, including gases, liquids, or solids, and can be delivered via munitions, sprays, or other means. The definition of chemical weapons by the Organization for the Prohibition of

Chemical Weapons (OPCW) is: "A chemical weapon is a chemical used to cause intentional death or harm through its toxic properties. Munitions, devices, and other equipment specifically designed to weaponize toxic chemicals also fall under the definition of chemical weapons".

The historical accounts reveal that early civilisations often used toxic substances in warfare to gain a strategic advantage. While not as sophisticated or systematically deployed as modern chemical weapons, these early methods still demonstrated an understanding



of the toxic properties of various substances and their potential applications in conflict.

Ancient Civilisation

In ancient Greece, during the Peloponnesian War (431-404 BCE), the Spartans used a mixture of burning sulfur and pitch to produce toxic fumes, which they directed against the Athenians. Thucydides, a Greek historian, documented the use of these early chemical weapons during the siege of Plataea.

Ancient Indian texts, such as the Arthashastra written by Kautilya (4th century BCE), describe the

use of poison in warfare. The text includes recipes for poisonous smoke and advises on poisoning enemy food and water supplies.

The Roman military also engaged in early chemical warfare. During the siege of Ambracia (189 BCE), the Romans used a combination of burning feathers and sulfur to create noxious smoke, which they directed into the city to disorient and weaken its defenders. During the Battle of Dura-Europos in 256 CE, the Sassanian Persian Empire used bitumen and sulfur crystals to create poisonous gas.

Archaeological evidence and historical accounts suggest that they set fire to these substances in a tunnel beneath the city's walls, producing toxic fumes that suffocated Roman defenders. These early instances of chemical warfare demonstrate the ingenuity and resourcefulness of ancient civilisations in using toxic substances to achieve military objectives. While the methods were relatively rudimentary compared to modern chemical weapons, they nonetheless reflect a significant aspect of ancient warfare tactics.

During the medieval period various cultures and civilisations developed and utilised toxic substances in warfare. While the sophistication and systematic deployment of these weapons evolved over time, the basic principle of using chemicals to gain a tactical advantage remained constant. One of the most famous medieval chemical weapons is Greek Fire, used by the Byzantine Empire starting in the 7th century. This incendiary weapon, which could burn even on water, was typically deployed through siphon-like devices on ships or through handheld projectors. Its exact composition remains unknown, but it is believed to have contained substances like naphtha, quicklime, and sulfur.

During the medieval period, Chinese alchemists discovered gunpowder, leading to significant advancements in both explosive and incendiary weapons. By the 10th century, they were also experimenting with poisonous smoke bombs. Chinese military texts, including the "Wujing Zongyao" (Collection of the Most Important Military Techniques) from the Song Dynasty (1044 CE), describe the use of "soul-hunting fog," a type of smoke bomb containing toxic substances like arsenic. These smoke bombs were designed to

create choking and blinding smoke on the battlefield. European and Middle-Eastern armies in the medieval period employed chemical substances such as quicklime (calcium oxide), which was used to blind enemy troops. In some cases, sulfur was burned to produce noxious fumes to create blinding and caustic smoke against their enemies. These instances highlight the creative and often brutal applications of chemical substances in medieval warfare, demonstrating a continuity of the principles of chemical warfare from ancient to medieval times.

Early Modern Period

The early modern period, which spans roughly from the 16th to the 19th century, saw significant changes in warfare and military technology. While chemical weapons were not as systematically developed or deployed as in later periods, there were still notable uses and developments in this era. Quicklime continued to be used in early modern warfare. It was deployed as a blinding agent when thrown at enemies. This practice, though not new, continued from medieval times into the early modern period, highlighting the continuity of certain chemical tactics.

The use of gunpowder significantly increased during this period, leading to the development of various explosive and incendiary devices that could produce toxic smoke. The combination of sulfur and other chemicals in gunpowder sometimes created asphyxiating conditions for troops. The early modern period was a time of significant alchemical experimentation. Various states and individuals experimented with poisons and toxic substances, sometimes incorporating them into warfare or assassination attempts.

The use of poisons, both in a covert and overt manner, was a form of chemical warfare practiced on a smaller scale. In China, the Ming and Qing Dynasties saw the continued use and development of gunpowder-based weapons. Chinese military manuals from the period describe various incendiary and explosive devices, some designed to produce toxic fumes. The early modern period witnessed the evolution of chemical warfare through the continued use of incendiary and toxic substances, building on medieval practices and incorporating new advancements in alchemy and gunpowder technology illustrating the ongoing exploration of chemical warfare tactics.

During World War I

World War I marks a significant and tragic period in the evolution of modern warfare. The extensive use of chemical agents during this conflict demonstrated their devastating potential and led to widespread horror and condemnation, eventually resulting in international treaties banning

their use. The first large-scale use of chemical weapons in World War I occurred on April 22, 1915, during the Second Battle of Ypres.

The German Army released chlorine gas against Allied troops, causing devastating casualties and widespread panic. Chlorine gas, which causes severe respiratory damage, was initially deployed in gas cylinders and released when wind conditions were favorable. Its greenish-yellow cloud was a terrifying sight, causing immediate coughing, choking, and suffocation. After the initial success of chlorine gas, more deadly agents were developed. Phosgene, introduced later in 1915, was far more lethal. It caused severe pulmonary damage, often resulting in delayed death hours or days after exposure. Perhaps the most notorious chemical weapon of World War I, mustard gas (dichloroethyl sulfide) was first used by the German Army in July 1917. Mustard gas caused severe blisters on the skin and mucous membranes, and could be fatal if inhaled. Initially, chemical gases were released from cylinders, but as the war progressed, delivery methods became more sophisticated. Chemical agents were packed into artillery shells and mortars, allowing for more accurate targeting and increased range. The widespread use of chemical weapons necessitated the development of protective gear. Gas masks became standard equipment for soldiers on all sides, and armies developed various countermeasures to detect and mitigate the effects of gas attacks. Chemical weapons caused an estimated 1.3 million casualties during World War I, with

tens of thousands of deaths. The psychological impact was profound, instilling fear and trauma among soldiers and civilians alike. The use of chemical weapons in World War I marked a significant point in military history, showcasing the potential of scientific advancements to cause mass destruction. It also raised ethical questions about the conduct of war and the use of weapons of mass destruction.

In response to the horrors of chemical warfare during World War I, the international community sought to ban such weapons. The Geneva Protocol, signed in 1925, prohibited the use of chemical and biological weapons in war. However, it did not ban their production or stockpiling. The interwar period, spanning from 1919 to 1939, saw significant developments in the field of chemical weapons. Advances included the development of more lethal agents, improved delivery systems, and better protective gear. Researchers developed several new chemical agents during this period, including more effective forms of mustard gas and nerve agents. These developments were often kept secret, reflecting the ongoing military interest in chemical warfare. Although the Geneva Protocol was widely ratified, compliance varied. Some countries continued to develop and stockpile chemical weapons, while others adhered strictly to the treaty's provisions.

To be continued ...



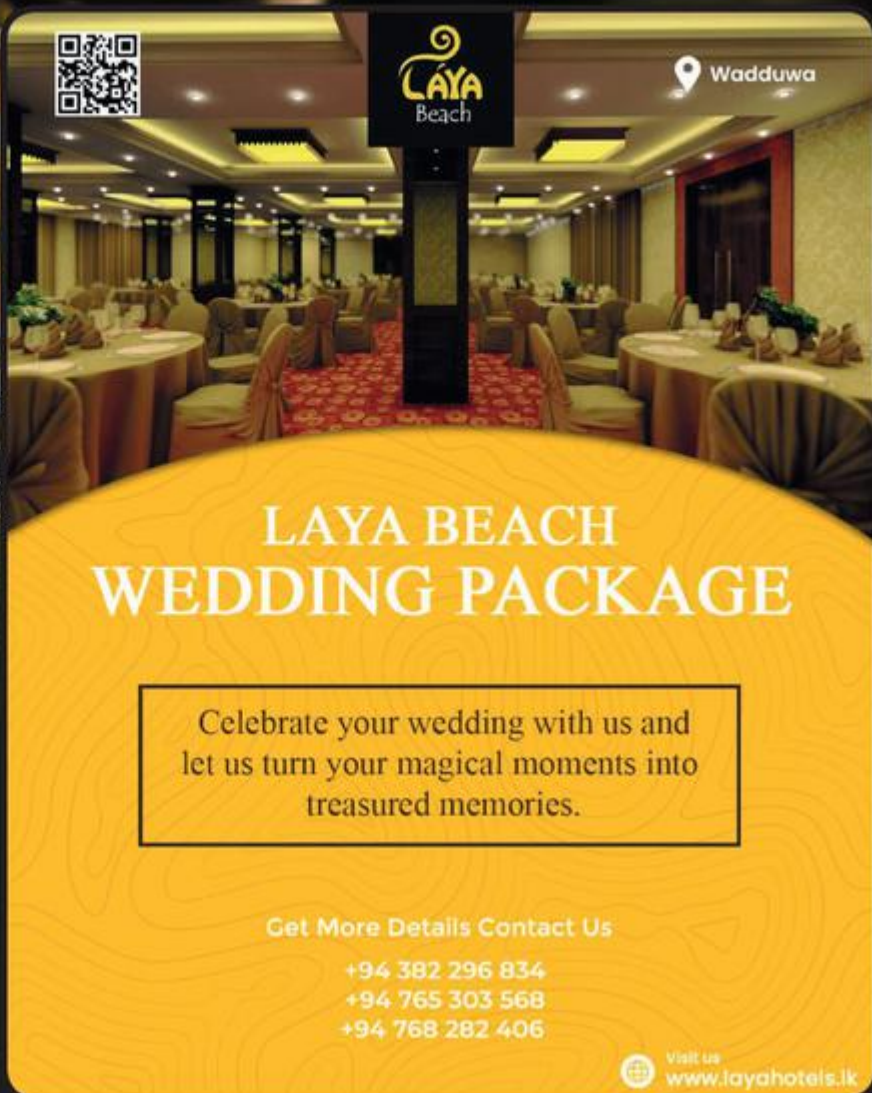
Keido Kurberg

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ARE YOU GASLIGHTING?

Are you Gas lighting?

Life resists simple explanation, as it encompasses a series of intricate interactions and events, each distinct from the other. According to the teachings of Lord Buddha, this concept is encapsulated in the eight-word principles (Atalodahama). In navigating social interactions, one must grasp the nuances of relativity. In relationships, self-doubt can arise from the comments or reactions of others. Initially, one may feel completely certain, but these external influences can introduce uncertainty. This phenomenon, known in the realm of psychology as 'gaslighting' (a form of psychological manipulation), is the subject of today's discussion.

What does this mean?

Simply, it's a sort of emotional abuse that makes someone questionable with his or her confirmation on something due to a manipulator's trick. Gas lighting generally happens

under the estimation of someone's perception of reality.

How does term form?

The name originated according to the play 'Angel Street' staged in the United States in 1938 and later converted into a film called "Gas Light." The main cast of this film is a husband who exhibit manipulative behaviours. He attempts to highlight his wife; she was losing her mind. The trick the husband, used to manipulate his wife was making changes in their accommodation, in a strategic way. To accomplish his aim, he slowly and steadily dims the gaslight in the room.

As a result of these attempts, the wife tends to second-guess herself on things within her memory; thinking, guessing, etc. Meanwhile, it creates neurotic, fearful, and more sensitive (hypersensitive) types of behaviors. That's how this psychological manipulation got the name 'gas lighting'.

How can you understand the signs of gaslighting?

Loneliness and a sense of powerlessness: When those around you label you as crazy, worthless, a loser, or meaningless, it fosters a feeling of isolation and the belief that "I have no one," ultimately resulting in a sense of powerlessness.

Confusion: When gas lighters challenge your responses or information, you become confused, questioning whether you are correct or mistaken.

Feelings of inadequacy: Such interactions often lead to a pervasive sense of inadequacy, culminating in stress and frustration.

Struggling to Make Decisions: A lack of confidence and pervasive self-doubt make even simple decisions difficult to navigate.

Feeling Others' Disappointment: In such circumstances, you may feel compelled to apologise for even minor mistakes, employing this behavior as a defense mechanism to avoid others' disapproval.

Worrying About Being Too

Sensitive: You may become overly concerned about your sensitivity, second-guessing whether others' criticisms are valid.

Feeling Terrible: The presence of a gaslighter can leave you feeling terrible or doomed.

The following signs can help identify gas lighting:

Disrespect: Gaslighters exhibit a lack of respect for others, focusing solely on their own perspectives and constantly asserting their correctness.

Lying: They lie to uphold their perceived superiority and to demoralise or instill doubt in others during conversations and interactions.

Disregard for Others' Feelings: Gaslighters are indifferent to others' emotions, caring only about their own and using this to confuse or create doubt.

Shifting Blame: They deflect blame onto others during unfavorable situations, attributing negative outcomes to others' perceived incompetence rather than accepting their own faults.

Suspicion: Gaslighters are consistently suspicious of others' thoughts, feelings, and behaviors.

Rejecting Misconduct: They never admit to their wrongdoings, instead shifting blame or outright rejecting any accusations.

Using Sentimental Words as Weapons: Gaslighters manipulate others by using emotionally charged statements like "I'm telling you

because I love you" to control and impose their ideology.

Distracting: They intentionally use distraction tactics to confuse others and divert focus when it is disadvantageous to them.

Discrediting: Despite widespread appreciation, gaslighters may discredit others due to jealousy or other motives, finding pleasure in undermining others' successes.

Why do people engage in gaslighting?

Various factors contribute to gas lighting behaviour, Prominently including nature and nurture influences. Individuals with personality disorders such as borderline, narcissistic, and antisocial tendencies are particularly prone to gaslighting. Beyond these, a multitude of factors collectively influence such behaviors.

How to handle interactions with gaslighters?

Maintain Clarity and Calm:

Keep a clear mind; avoid panicking or becoming confused. If this proves challenging, employ relaxation techniques to achieve mindfulness.

Distance Yourself: Avoid close contact with gaslighters; strive to maintain verbal, mental, and physical distance.

Prepare with Knowledge: Arm yourself with knowledge and evidence that support your perspective to counteract gaslighting attempts.

Control Your Emotions: Do not display excessive sensitivity; manage your emotions, whether happiness or sorrow, to avoid giving the gaslighter leverage.

Seek Professional Help: If you endure long-term suffering and feel a loss of control, this can negatively impact your life. Consulting a qualified mental health professional is crucial in such cases.

Conclusion

Perfection is an illusion. We learn and grow each day. Understanding and appropriately responding to situations is vital. By comprehending life stressors and addressing them with positive strategies, you can enhance both your mental and overall health. This article aims to help you navigate such challenges and support others in their times of need.



Nisal Rukshan, MHRM, BA (Defence), BSc (Hons.) Counselling Psychology, DCPsy
Email: rukshan4slsr@gmail.com



Charity Palmcard

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1. Leadership Training Programme for Students



The 24 Infantry Division conducted a leadership training programme for 54 students from Hegoda Sri Indrasara Vidyalaya on 28 June 2024 to cultivate future leadership skills among the students.

2. Dry Ration Distribution



The 4 Sri Lanka Light Infantry (SLLI) distributed 100 dry ration packs among needy families in Keeragolla and Abulambe areas on 28 June 2024 at the Keeragolla Primary School.

3. Rice Dansala at 211 Infantry Brigade



The troops of 211 Infantry Brigade, organised a 'Rice Danssala' at Brigade Headquarters in Welioya on 25 June 2024.

4. Troops Clean Sithulpauwa Rajamaha Viharaya



Troops of 12 Infantry Division of the Engineer Services Regiment conducted a Shramadana Campaign at Sithulpauwa Rajamaha Viharaya and cleaned the premises.

5. Renovation of Sri Vijayarama Temple



Troops of 241 Infantry Brigade repaired the unrenovated temple wall of the Sri Vijayarama Temple on 14, 15, and 16 June 2024.

6. 4 SLSR Cleans Nellandai Bhadrakali Amman Kovil



Troops of 4 Sri Lanka Sinha Regiment (4 SLSR) conducted a cleaning programme at Bhadrakali Amman Kovil, Nellandai in Thumpalei on 13 June 2024.

7. A Blood Donation Campaign



6th Regiment Sri Lanka Signal Corps troops organised a blood donation campaign in line with the Regiment's 10th anniversary on 16 June 2014.

8. 12 Infantry Division Cleared the Road



Troops of 12 Infantry Division, removed a fallen tree that hindered the access of Ambalanthota, Beragama, on 13 June 2024.

9. Distribution Programme at 64 Infantry Division



Troops of the 64 Infantry Division distributed dry ration packs among 32 selected low-income families in Oddusudan on 23 June 2024.

10. Beach Cleaning Programme



18 Vijayabahu Infantry Regiment (VIR), in partnership with Kalmunai Base Hospital staff and the 'Lyca Gnanam' Foundation, conducted a beach cleaning initiative along the Kalmunai coastline.

11. 19 SLLI Builds A New House



Troops of 19 Sri Lanka Light Infantry (SLLI), built a new house for a needy family in Kuda Weva in Polonnaruwa district and vested the beneficiary on 09 June 2024.

12. 141 Infantry Brigade Holds Blood Donation



Troops of 141 Infantry Brigade organised a blood donation campaign on 27 May 2024 at 8 Sri Lanka Light Infantry camp premises.



Staff Sergeant Lekamge Shines at 2nd Asian Throwing Championship



Staff Sergeant Lekamge H L N D and Corporal Ranasinghe R M S J, representing the Sri Lankan Army, showcased exceptional skill at the 2nd Asian Throwing Championship held in Korea on 14 and 15 June 2024.

Staff Sergeant Lekamge H L N D, from the Sri Lanka Army Women's Corps, secured a Bronze Medal in the Women's Javelin Throw, achieving a record distance of 57.94 meters. Meanwhile, Corporal Ranasinghe R M S J, of the Sri Lanka Electrical and Mechanical Engineers also won a Bronze Medal in Javelin Throw with a distance of 77.57 meters.



SPORT

FROM THE BATTLEGROUND TO THE PLAYGROUND

48th National Karate Tournament



The 48th National Karate Tournament was conducted from 06 to 09 June 2024 at the Provincial Sport Complex in Kotavila, Matara. The Army men's team excelled, securing 05 gold medals, 05 silver medals, and 08 bronze medals across all 07 events. The Army women's team also performed admirably, securing 1 bronze medal.

Army Dominates Sri Lanka Karate Championship



The Sri Lanka Karate-Do Federation organised a Karate Championship Tournament at the Sugathadasa Indoor Stadium on 16 June 2024. Army players participated in the tournament under the guidance of Major General S W M Fernando WWV RWP RSP VSV USP ndc psc, the President of the Sri Lanka Army Karate Committee.

The Army players displayed exceptional performances, clinching a total of 05 Gold Medals, 05 Silver Medals, and 08 Bronze Medals across various categories. Additionally, the Army women's team achieved notable success with 01 Gold Medal and 02 Bronze Medals, highlighting their prowess in karate.

Inter Battalion Netball Championship 2024 SLAWC

The finals of the Inter Battalion Netball Championship 2024 took place at the Regimental Centre of the Sri Lanka Army Women's Corps (SLAWC), Borella, on 30 May 2024. Major General S Kasturimudali RSP ndc psc, General Officer Commanding of the 56 Infantry Division and Colonel Commandant of SLAWC, along with Mrs. Udula Kasturimudali, Chairperson of the SLAWC Seva Vanitha Branch, graced the event as the Chief Guest.

Four teams competed for the championship, featuring 1 SLAWC, 7 SLAWC, 2(V) SLAWC, and 3(V) SLAWC. The grand finale saw 1 SLAWC team clinching the championship amid cheers and applause.

The Chief Guest distributed the championship trophy and merit awards. Senior Officers, Officers, and all ranks of SLAWC were present to witness the finals.





How does a penguin build its house?

Igloos it together!



Why don't some couples go to the gym?

Because some relationships don't work out.



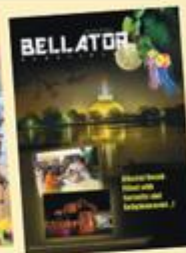
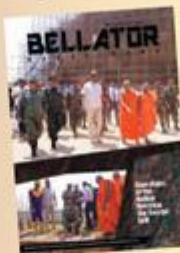
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Fill in the blank squares, using 1 to 9 without repeating any numbers within the row, column or square.

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Sri Lanka Army



Awarding Ceremony of SLAWC Inter Battalion Drill Competition-2024

The awarding ceremony for the Inter Battalion Drill Competition – 2024 of the Sri Lanka Army Women's Corps was held at the Training School of the Sri Lanka Army Women's Corps in Kaluaggala on 14 June 2024. The event was conducted under the patronage of Brigadier J K R Jayakody RWP USP, the Centre Commandant of the Sri Lanka Army Women's Corps.

The competition was conducted with the participation of four drill platoons by representing 1SLAWC, 7SLAWC, 2(V) SLAWC and 3(v) SLAWC. Displaying tremendous overall performances, 1SLAWC drill squad emerged as the Champions in the Inter Battalion Drill Competition-2024. Captain Madhuka Thennakoon of 1SLAWC clinched the Best Platoon Commander award and the Staff Sargent Dharmini N of 7SLAWC won the Best Drill Instructor Award for their outstanding performances.





Rare Delight at Battlefield



Amidst the heat of the battle, a warm meal was a rare delight. When danger and risk withdrew, War Heroes gathered for a simple meal in the heart of the battlefield. The taste of risk leaves the moment unforgettable in lives forever.