



HE the President Anura Kumara Dissanayake Assumes Duties as the Minister of Defence

His Excellency President Anura Kumara Dissanayake assumed duties as the new Minister of Defence on 22 November 2024. After assuming the duties, the Minister of Defence held a discussion with the Commanders of Tri - forces and Senior Officers of the Ministry of Defence and highlighted that the new government ensures the good governance and expects assistance from all the parties to develop the nation.

Major General Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, Air Vice Marshal Sampath Thuyacontha (Retd) WWV, RWP and two Bars, RSP and Bar, USP, MMSc (Strat Stu-China), MSc (Def Stu) in Mgt, MSc (Def & Strat Stu), fndu (China), psc, Secretary to the Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff (CDS), Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP and two Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, MA in IS&S (UK), BSc (Def Stu), MIM (SL), AMIE (SL), rcds, psc, Commander of the Air Force as well as other members of the security forces and Ministry staff were present at the occasion.







President Attends Armed Forces Remembrance Day 2024

The main commemoration ceremony of the Armed Forces Remembrance Day – 2024 and Poppy Fower Celebration was held on 24 November 2024 at the Cenotaph War Memorial of Viharamahadevi Park, Colombo. His Excellency the President and the Commander-in-Chief of the Armed Forces of Sri Lanka Anura Kumara Dissanayake participated in the event at the warmest reception of Lieutenant Colonel Ajith Siyambalapitiya (Retd), General Secretary of the Sri Lanka Ex - Servicemen's Association.

The Sri Lanka Ex - Servicemen's Association, in collaboration with the Tri - forces, organised this annual event to honour and remember the fallen War Heroes who made the supreme sacrifice to safeguard the motherland including those who took part in the World Wars.

Major General Aruna Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Minister of Defence, Air Vice Marshal Sampath Thuyacontha (Retd) WWV, RWP and two Bars, RSP and Bar, USP, MMSc (Strat Stu-China), MSc (Def Stu) in Mgt, MSc (Def & Strat Stu), fndu (China), psc, Secretary to the Ministry of Defence, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff (CDS), Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, Vice Admiral Priyantha Perera RSP USP ndu psc, Commander of the Navy, Air Marshal Udeni Rajapaksa RSP and two Bars, VSV, USP, MSc (MOA) USA, MSc (Def Stu) in Mgt, MA in IS&S (UK), BSc (Def Stu), MIM (SL), AMIE (SL), rcds, psc, Commander of the Air Force, foreign ambassadors, members of the Sri Lanka Ex - Servicemen's Association and the relatives of the Tri - service members attended the event.







The Commander of the Army Graces the Graduation Ceremony of the NDC's Third Batch

The Graduation Ceremony of the third batch at the National Defence College (NDC) was held at the Faculty of Graduate Studies Auditorium, Kotelawala Defence University on 18 November 2024. Air Vice Marshal Sampath Thuyacontha (Retd) WWV, RWP and two Bars, RSP and Bar, USP, MMSc (Strat Stu - China), MSc (Def Stu) in Mgt, MSc (Def & Strat Stu), fndu (China), psc, the Secretary to the Ministry of Defence graced the event as the Chief Guest at the invitation of Major General D G S Senarath Yapa (Retd) RWP RSP ndu, the Commandant of the NDC.

During the Graduation Ceremony, 41 Student Officers, including 16 Senior Officers from the Sri Lanka Army, 08 from the Sri Lanka Navy, 06 from the Sri Lanka Air Force, 03 Senior Superintendents of Police, and 08 foreign students (01 from India, 01 from Bangladesh, 01 from Oman, and 05 from Saudi Arabia), received their graduation certificates after completing their studies in National Security and Strategic Studies (NS&SS).

The Chief Guest then conferred the parchments of the 'ndc' designation to the graduates and endorsed the graduates' registration book.

Chief of Defence Staff, Commander of the Army, Commander of the Navy, Commander of the Air Force, Inspector General of Police, and Senior Officers attended the event.









Deputy Minister of Defence Assumes Duties



Major General K P A Jayasekara (Retd) WWV RSP VSV USP ndc psc assumed duties as the Deputy Minister of Defence on 25 November 2024 at the Disaster Management Centre, Colombo 07. His Excellency the President and Commander-in-Chief of the Armed Forces of Sri Lanka, Minister of Public Security and Parliamentary Affairs, Secretary to the Ministry of Defence, Secretary to the Ministry of Public Security, Commander of the Army, Commander of the Navy and Commander of the Air Force were present at the occasion.

Army Logistics Core Values Publication Launched



The maiden copy of the newly compiled Army Logistics Core Values published by the Army Logistics Command was presented to Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army at the Commander's Office on 25 November 2024.

The publication of the Army Logistics Command designed under Army Code No: 0409A1 with the approval of the Directorate of Research Concept and Doctrine with the aim to provide a guidance to standardise the logistics operations in the Army.

Major General S P A I M B Samarakoon Hdmc Lsc, Deputy Chief of Staff and Colonel Commandant of the Sri Lanka Electrical and Mechanical Engineers with Major General E M M Fernando Hdmc Lsc AATO, Commander, Logistics Command and Colonel Commandant of Sri Lanka Army Ordnance Corps were present at the occasion.





An Inspection Visit to the Flood Affected Areas

Major General K P A Jayasekara (Retd) WWV RSP VSV USP ndc psc, Deputy Defence Minister together with Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army made an observation visit to the flood affected areas in Mannar and Ampara on 27 November 2024.

Subsequently, a review conference, chaired by the Deputy Minister of Defence was convened to address relief efforts for flood victims. The meeting included the participation of the Commander of the Army, the Commander of the Navy, Commander, Security Forces (Wanni), General Officer Commanding, 24 Infantry Division, General Officer Commanding, 54 Infantry Division, Senior Deputy Inspector Generals of Jaffna and Ampara, Commander, Naval Command - North Central and Government officials.

The conference focused on critical operational directives such as the deployment of Army personnel for evacuation operations and ensuring the security of properties belonging to displaced civilians. After that, the Commander of the Army visited the Internally Displaced Persons (IDP) Centres established at Saint Mother Theresa School, Shiva Nagar Kovil and Thalvupadu Church and inquired of the facilities.

During the visit, the Commander of the Army attended the funeral ceremony of the students who tragically lost their lives when a tractor overturned while attempting to cross a flooded bridge near the Karaitivu area.



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Audit Awareness Programme at Sri Lanka Army Headquarters

Following the guidance of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, an Audit Awareness Programme was held at the Army Headquarters on 06 November 2024 with the aim to educate the Officers and Other Ranks on maintaining financial discipline and transparency within the establishment.

Resource personnel from the Department of Management Audit conducted the workshop. Chief of Staff, Deputy Chief of Staff, Principal Staff Officers and Directors directly involved in budget planning, procurement, and financial oversight within the Sri Lanka Army.

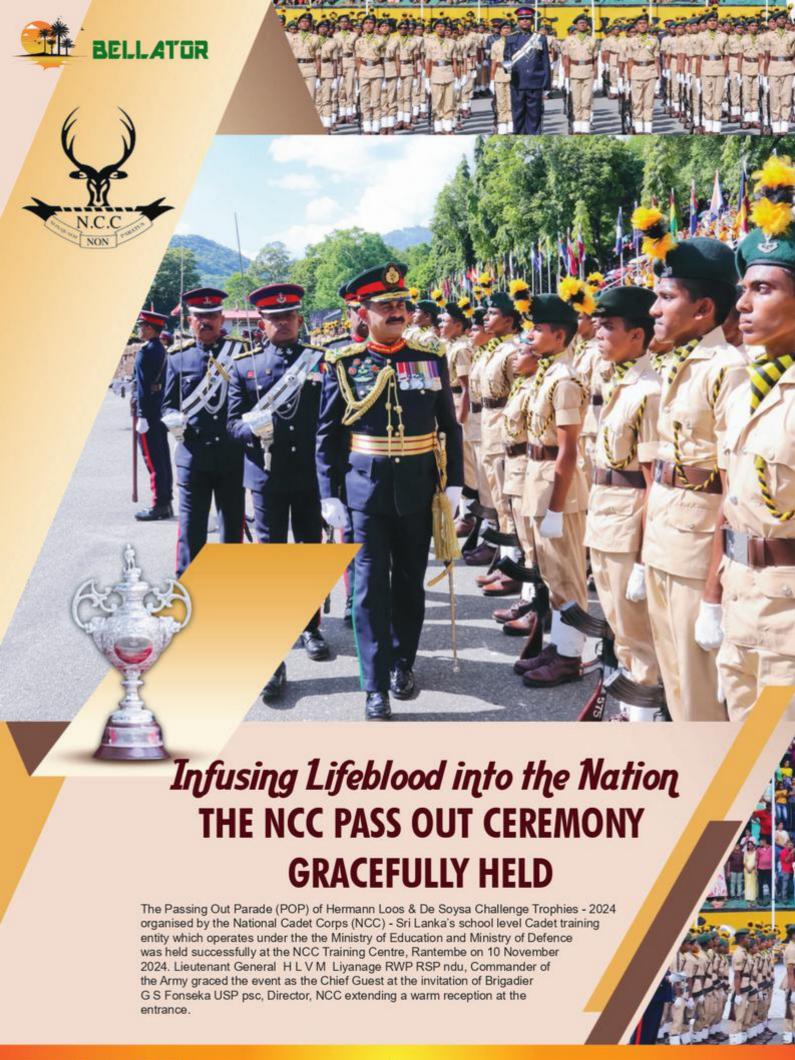


Senior officials from the Department of Management Audit including Mr. A T Kurumbalapitiya, Director General (Department of Management Audit), Ms. G P Champika, Additional Director General (Department of Management Audit), Mr. J P Sunil, Director (Department of Management Audit), Mr. B G Thisara, Director (Department of Management Audit) and Ms. U P Wijayahewa, Deputy Director (Department of Management Audit) extended their expertise as resource personnel. The programme further acknowledged the participants on adherence of audit procedures, financial regulations, procurement guidelines and other governing circulars related to financial and procurement management within the Army. Further, they discussed on preventive measures and recommendations to reinforce transparency and prevent any issue arising in the future.

Israeli Defence Attaché Pays a Courtesy Call on Commander of the Army



The Defence Attaché at the Embassy of Israel in New Delhi and Sri Lanka, Colonel Avihay paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army on 05 November 2024. During their discussions, the Israeli Defence Attaché shared insights on the longstanding bilateral cooperation between Israel and Sri Lanka. They further discussed about the contemporary security challenges. The conversation emphasised the potential for further collaboration, especially in military cooperation and the exchange of technical expertise.









After receiving the Guard Turnout, the Commander of the Army inspected the POP and awarded the medals and certificates to the achievers. Hermann Loos & De Soysa Challenge Trophie is awarded for the Best Platoon of the boy's category and girls' category. Accordingly, 60 Cadet platoons participated in the final event out of 4485 islandwide school Cadet platoons. Cadet platoon of Ananda College, Colombo 10 won the first place in the boy's category and received the Hermann Loos Trophy for the Best Platoon in the island for the year 2024. Dharmasoka College in Ambalangoda and College in Bandaranayake

Gampaha won the trophies for the second and third places respectively.

Further, Maliyadeva Girls' College, Kurunegala won the De Soyza trophy for the Best Platoon in the girls' category while Mahamaya Girls' College in Kandy and Devi Balika Vidyalaya in Colombo secured the second and third places respectively.

After awarding the trophies and certificates, the Commander of the Army appreciated the NCC efforts to build a disciplined youth well trained for challenges. In addition, recalling his memories, he further stated that he also was trained at NCC as a school Cadet 40 years ago while extending the gratefulness for inviting him to be the Chief Guest of the solemn event.





Commander of the Army Visits Army Base Hospital, Kandy





Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army made an official visit to the Army Base Hospital in Kandy on 09 November 2024 to review its operational aspects and receive updates on its current functionality. Lieutenant Colonel W M H S Weerasuriya Commanding Officer, Army Base Hospital, Kandy warmly welcomed the Commander of the Army and briefed the hospital's services and facilities in detail. Subsequently, the Commander of the Army toured the new hospital complex, inspecting its operational areas and optimal maintenance.

Presently, the hospital has a capacity of 122 beds for inpatients and offers a range of services, including OPD services, prosthetic and orthotic services for disabilities, clinical services for various diseases, dental care with a fully equipped operating theatre and modern medical equipment and pharmaceutical facilities.



Commander of the Army Inaugurates Relocated SLEME Headquarters

The Sri Lanka Army's restructuring process marks a significant step towards transforming the Sri Lanka Army into a more efficient, capable, and technologically advanced force by 2030. As part of the process, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army inaugurated the Sri Lanka Electrical and Mechanical Engineers (SLEME) Headquarters relocated from Malay Street, Colombo to Salawa, Kosgama on 11 November 2024.

The Commander of the Army graced the event amidst the warm reception of Major General S P A I M B Samarakoon Hdmc Lsc, Deputy Chief of Staff and Colonel Commandant of SLEME and unveiled the inauguration plaque at the premises. Subsequently, he toured in the Army Camp premises and addressed the troops and emphasised the importance of their contributions to the Army's overall mission.

Shortly after, the Commander of the Army formally presented the "Kandauru Bhoomi Himikam Sannas Pathraya" to the Centre Commandant of SLEME, Commander, 1 Signal Brigade, and Commanding Officers of the 11th and 12th Sri Lanka Signal Regiments, symbolising the official redeployment of the 1 Signal Brigade and the SLEME Headquarters.





The Commander of the Army Commends Sri Lanka Army Hockey Team

Sri Lanka Army Hockey Team, the winners of 'Next Gen' Premier League Hockey Championship 2024, met Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army at the Commander's Office on 12 November 2024. The Commander of the Army extended his warmest congratulations to the players for their outstanding performance during the thrilling event while awarding them with a financial incentive as a token of appreciation. Major General Nalin Bandaranayake USP, President, Sri Lanka Army Hockey Committee, Brigadier L K T Fernando RSP USP, Director of Army Sports, the Team Manager and Mr. M G M Rifaz, the coach of the team also participated in the event.



Poppy Commemorates Sacrifice of Fallen War Heroes

A group of representatives from the Sri Lanka Ex-Servicemen's Association (SLESA) met Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army on 07 November



2024 at the Commander's Office. This occasion was held in line with the 'Remembrance Day' (Poppy Day). Lieutenant Colonel Ajith Siyambalapitiya (Retd), Chairman of SLESA pinned the poppy flower on the Commander of the Army and in returning the Commander of the Army made a donation to the Poppy Fund during the meeting. Subsequently, the SLESA members presented a copy of the latest Veteran Magazine to the Army.

Further, the Commander of the Army engaged in a cordial discussion with the representatives, emphasising their ongoing welfare projects launched for the benefit of Ex-Servicemen. Colonel Sujith Jayasekara (Retd), Secretary of SLESA, together with several other Poppy Committee members were also present at the occasion.



Bangladesh High Commissioner Pays a Courtesy Call on the Commander of Army





The High Commissioner of Bangladesh to Sri Lanka, His Excellency Andalib Elias paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army on 20 November 2024. During their brief meeting held at the Commander's Office, the High Commissioner and the Commander of the Army discussed the matters important for both nations diplomatically. Further, they highlighted the importance of maintaining the cooperation between both armies. Defense attaché to the Bangladesh High Commissioner in Sri Lanka Commodore M. Moniruzzaman was also present at the occasion.

Warmest Congratulations for a Dignified Career



Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army bestowed the symbols of authority with the warmest appreciation to the newly promoted Major Generals during a formal courtesy call held on 25 November 2024 at the Commander's Office.

Major General K N D Karunapala RSP ndu of the Sri Lanka Light Infantry, Major General G S Fonseka USP psc of the Sri Lanka Signal Corps, Major General S P G Gamage RWP RSP USP of the Sri Lanka Engineers, Major General H C L Galappaththi RSP USP of the Gemunu Watch, Major General K T P de Silva RSP ndu psc of the Sri Lanka Light Infantry, Major General M P N A Muthumala USP psc of the Sri Lanka Sinha Regiment, Major General K D M L Samaradiwakara RWP RSP ndc psc of the Vijayabahu Infantry Regiment, and Major General K J N M P K Nawarathna RWP RSP ndu of the Gemunu Watch were present at the occasion. Further, the Commander of the Army extended best wishes to the newly promoted Major Generals for their unwavering service for the nation.



U.S. NDU Delegation Visits Sri Lanka



The Sri Lanka Army hosted a meeting with a high-level delegation from the National Defense University (NDU) USA on 07 November 2024 at Army Headquarters in collaboration with the Ministry of Defence and the U.S. Embassy in Sri Lanka. The event aimed to enhance bilateral military cooperation and strategic defence understanding. The delegation's visit was a part of the NDU's programme to prepare Senior Officers for leadership roles in multinational military operations. Key discussions focused on Sri Lanka's strategic positioning in the Indian Ocean and Indo-Pacific region. Major General W P A D W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Sri Lanka Army highlighted the Army's strategic objectives and operational challenges during the meeting.

Rear Admiral B A K S P Banagoda RSP USP ndc psc, Chief of Staff of the Sri Lanka Navy, elaborated on maritime security priorities, including countering illegal maritime activities while safeguarding critical sea lanes. Air Vice Marshal R S Wickremeratne RWP and two Bars RSP and two Bars USP, Chief of Staff of the Sri Lanka Air Force, discussed the role of Air Force in national security and disaster management. Colonel M B B N Herath RSP, Director General (Overlooking) & Acting Director (Research) of the Institute of National Security Studies (INSS) provided an analytical perspective on Sri Lanka's security role in the Indian Ocean and Indo-Pacific region.

Senior U.S. officials including the Defence Attaché, officials from the NDU, the Commandant of the National Defence College Sri Lanka, Senior Officers from the Tri-forces participated in the event.

China Defence Attaché Pays a Courtesy Call on Chief of Staff



The Defence Attaché (DA) of the Embassy of the People's Republic of China in Sri Lanka, Senior Colonel Zhou Bo, along with Deputy DA, Colonel Gao Bin paid a courtesy call on Major General W PAD W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Sri Lanka Army at Army Headquarters on 01 November 2024.

During the discussions, the Chief of Staff shared insightful perspectives with the visiting delegation, highlighting the importance of the longstanding bonds of goodwill, cooperation and mutual understanding between both armed forces of the nations.



Chief of Staff Vests a New House in Kandy





A new house constructed for a needy family in Kandy officially vested for the beneficiary on 09 November 2024. Major General W PAD W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Sri Lanka Army and Colonel of the Regiment of Sri Lanka Sinha Regiment (SLSR) handed over the keys of the newly constructed house for the beneficiary. This project was launched under the conceptual notion of the Commander of the Army in line with the 75th anniversary of the Sri Lanka Army.

The troops of 6 SLSR, under the supervision of Lieutenant Colonel E J B U P Egodagedara USP psc, Commanding Officer, 6 SLSR, completed the construction of the house within the stipulated period.

New Deputy Chief of Staff Begins His Office





Major General B K G M L Rodrigo RSP psc IG, of the Sri Lanka Artillery, the newly appointed 44th Deputy Chief of Staff (DCOS) assumed his office on 28 November 2024 at the Army Headquarters during a simple ceremony.

Major General B K G M L Rodrigo RSP psc IG is a graduate of Indian Military Academy, Dehra Dun, India commissioned on 05 October 1990 and posted to the 7th Light Regiment of Sri Lanka Artillery. Having held multiple appointments in the Regiment, he commanded the 18th Regiment of the Sri Lanka Artillery also 661 and 663 Infantry Brigades.

Further, the Senior Officer has held many staff, and instructional appointments including the Chief Instructor of the Officers Study Centre of Sri Lanka Military Academy, Directing Staff and the Head of Training Team (HOTT) at the Defence Services Command and Staff College, the Director, Directorate of Overseas Operations, General Officer Commanding of 66 Infantry Division, the Commandant of Defence Services Command and Staff College and the Commander Security Force Headquarters (Central). Prior to this new appointment, he served as the Commandant, Sri Lanka Army Volunteer Force Headquarters. The staff of Bellator magazine extends warm congratulations for his new appointment.



New Governor for Northern Province Calls on Commanader Security Force Headquarters (Jaffna)



A courtesy meeting took place on 02 November 2024 between Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, Commander, Security Forces (Jaffna) and Mr. Nagalingam Vethanayahan, new Governor for Northern Province at the Security Force Headquarters (Jaffna).

During the courtesy meeting, the Commander, Security Forces (Jaffna) educated the new Governor for Northern Province on the community services executed by the Security Forces (Jaffna) in detail and visited the CIMIC Park – Palali with him.

Major General W B J K Wimalaratne RWP RSP, General Officer Commanding, 51 Infantry Division also joined visit.





The annual customary 'Katina Pooja' at the historic Tissa Raja Maha Vihara in Kankesanthurai was held with the cooperation of Tri Forces, Sri Lanka Police and Special Task Force on 18 and 19 October 2024. Many devotees in the area took part in the religious event organised under the guidance of Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, Commander of Security Forces (Jaffna) and Major General G L S W Liyanage USP psc Commander, Logistics Command, Security Forces (Jaffna).



Former IPI(F Officers Visit Mullaitivu





A delegation of former Indian Peace Keeping Force (IPKF) Officers, along with their families, visited 59 Infantry Division area in Mullaitivu on 16 and 17 November 2024. Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni) warmly welcomed the contingent extending a warm reception. The contingent included Lieutenant General Gajendra Joshi, Commandant of the Indian Infantry Training School, Mhow, and former Vice Chief of Army Staff, Lieutenant General Sarath Chand (Retd). A formal dinner was also hosted at 59 Infantry Division Officers' Mess in the evening including cultural events. The visit strengthened peace, regional stability, and mutual respect reflecting the enduring camaraderie and historical bonds between the two nations.

Commander, Security Forces (Wanni) Visits Under Command Battalions



Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni), visited his under command Battalions of 59 Infantry Division, 5th Battalion of Sri Lanka Sinha Regiment, 6th Battalion of the Gemunu Watch, 6 Sri Lanka National Guard, 12th Battalion of Sri Lanka Light Infantry and 10th Battalion of Sri Lanka Sinha Regiment on 16 November 2024. Also, the visit of the Commander, Security Forces (Wanni) extended to 2 Mechanized Infantry Regiment and 2 (V) Vijayabahu Infantry Regiment under command 21 Infantry Division.

During the visit, Commander, Security Forces (Wanni) shared his thoughts with the troops serving at the battalions inquiring their operational readiness. The visit aimed to enhance the collectivity and morale of the troops. Major General W M S C K Wanasinghe RSP USP, General Officer Commanding, 59 Infantry Division, the Commanders of the under command brigades, Officers and Other Ranks participated in the visit.

NOVEMBER 2024





The troops of 12 Sri Lanka National Guard extending their manpower and technical expertise installed a water purification plant at BT/KK Kudimbimalei Kumaran Vidyalaya premises in Kudimbimalei (Thoppigala) Grama Niladari Division of Divisional Secretariat Korale Pattu South for the benefit of the students in the school and 130 families in the area. The community initiative was successfully completed under the supervision of Brigadier R P S Prasad RWP RSP USP, Commander, 232 Infantry Brigade with the guidance of Major H M V P Herath, Commanding Officer, 12 Sri Lanka National Guard. Major General WP Kariyawasam, General Officer Commanding, 23 Infantry Division and Ms Thilini Ramanayaka, the financial sponsor of the project vested the facility to the public fulfilling, a long awaited requirement on 03 November 2024.





Ms. Thilini Ramanayaka and family resided at No 38, Kandalanda, Welmilla, Bandaragama extended much required financial assistance of one million rupees for the community project in line with 10th death anniversary of their father late Mr. Sarath Ramanayaka.

Mr. K Siththirawel, Divisional Sectary, Koralepattu South, Colonel M G G W R Gamge, Civil Coordinating Officer, Security Force Headquarters (East), Assistant Education Director Kalkuda and villagers took part in the inauguration.

Community Service from Ranaviru Resource Centre



Ranaviru Resource Centre executed a series of community services in line with the 75th anniversary of Sri Lanka Army. Accordingly, troops of Ranaviru Resource Centre provided a delicious lunch treat and distributed dry rations among 32 patients who are undergoing residential treatments at the Leprosy Hospital, Wattala on 10 October 2024. In addition, the troops cleaned the hospital premises. Further, the newly constructed accommodation facility at the Warrant Officers' and Sergeants' Mess in the Ranaviru Resource Centre was inaugurated by Brigadier P N Wijesiriwardena RSP USP, Commandant, Ranaviru Resource Centre. The staff of the Ranaviru Resource Centre took part in the programme.



Security Forces (West) Marks 12 Years of Excellence

Security Forces (West) marked its 12th anniversary at Security Force Headquarters (West) premises under the patronage of Major General A H L G Amarapala RWP RSP ndc psc, Commander, Security Forces (West) on 18 and 19 November 2024 amidst pride and festivities.

As part of the anniversary celebrations, a Bodi Pooja ceremony was held at Bodirajarama Viharaya in Panagoda to invoke blessings for the fallen War Heroes, members of the Army and civil staff serving at Security Forces (West).

The event commenced with the 1st Field Engineer Regiment presenting a formal Guard Turnout to the Commander, Security Forces (West) who graced the anniversary celebrations as the Chief Guest following the military traditions. Subsequently, the Commander, Security Forces (West) distributed dry ration packs among members of the civil staff serving in the Security Force Headquarters (West) ensuring their welfare.

The Commander, Security Forces (West) then took part in the All Ranks tea and expressed his gratitude towards the troops and civil staff for their efforts and service extended to achieve the objectives of the Security Forces (West).

Major General K A W N H Bandaranayake USP, General Officer Commanding, 14 Infantry Division, Major General W M P M Wijesooriya RWP RSP ndu, General Officer Commanding, 57 Infantry Division, Brigadier W M L S Dayawansa, Deputy General Officer Commanding, 61 Infantry Division, Commanding Officers, Staff Officers, Other Ranks and Civil Staff participated in the event.





Model Papers and Exercise Book Packs Distribution



A model papers and exercise book distribution programme was held at Security Force Headquarters (Central) on 25 November 2024. Accordingly, the children of the members of Sri Lanka Army and civil staff benefited from the programme. 60 sets of model papers for Grades 02 to 05, along with exercise book packs were distributed under the guidance of Major General Y A B M Yahampath RWP RSP ndu psc, Commander, Security Forces (Central). Officers, Other Ranks and the children took part in the programme.

GOC 11 Infantry Division Graces Colours Awarding Ceremony



Major General K A U Kodithuwakku RSP USP psc IG, General Officer Commanding (GOC), 11 Infantry Division graced the Colours Awarding Ceremony of Wickramabahu National School, Gampola on 21 November 2024 at the request of Principal of the school. Further, GOC, 11 Infantry Division educated the students on building the future leaders equipped with the qualities of strong leadership, discipline and responsibilities. Senior Officers, Principal of the school, school staff, students, and parents participated in the event.



Psychological Workshop Successfully Culminated





The third phase of the Psychological Workshop, organised by the Directorate of Media and Psychological Operations, was held from 25 to 29 November 2024 at the Regimental Centre of the Corps of Engineer Services. 54 Officers representing various Regiments of the Sri Lanka Army took part in this intensive workshop.











The workshop was included subjects such as the fundamentals of psychology, target audience analysis, development of psychological operations objectives, propaganda and counter-propaganda strategies, the influence of cultural dynamics on psychological operations and the role of emotional information in shaping social media.

Expertised lectures both from Army and civilian institutions conducted the workshop ensuring a blend of practical and academic perspectives enhancing the understanding of participants.

The formal closing ceremony of the workshop was held under the patronage of Major General K A N Rasika Kumara ndc psc, Director General of Media and Psychological Operations.









Traditional Katina Pinkama at Sri Sambodhi Viharaya, Mullaitivu

The traditional Katina Pooja Ceremony at Sri Sambodhi Viharaya was held in Mullaitivu on 09 and 10 November 2024 under the guidance of Venerable Thissapura Gunarathana Thero. Troops of 12 Sri Lanka Light Infantry Regiment, and 10 Sri Lanka Sinha Regiment lent their assistance under the guidance of Major General D R N Hettiarachchi RWP RSP USP, General Officer Commanding, 59 Infantry Division, and Brigadier M J Ubeysekera RSP psc, Commander, 591 Infantry Brigade.

200 devotees representing Kokkilai, Nugegoda, Piliyandala, Padukka, Gampaha, Nittambuwa, Warakapola, Padavi Sripura participated in this meritorious deed.





The 11th anniversary of 24 Infantry Division was held on 27 October 2024 with the series of religious events under the patronage of Major General

W L A C Perera RWP RSP USP, General Officer Commanding, 24 Infantry Division. The anniversary celebrations began with a Bodi Pooja held on 26 October 2024 at the temple located in 24 Infantry Division premises to invoke the blessings for the Officers and Other Ranks serving at 24 Infantry Division. Further, an almsgiving was also held for 11 Buddhist monks.

Disaster Response Training Workshop

A three day disaster response training workshop was held at 22 Infantry Division Headquarters from 28 to 30 October 2024 for 07 Officers and 131 Other Ranks serving under Security Force Headquarters (East). Instructors from Sri Lanka Army Centre for Disaster Response Training in Gampola conducted the workshop aiming to enhance the disaster response capabilities of Army personnel within the Security Force Headquarters (East).







Major General V D S Perera, General Officer Commanding (GOC) of 64 Infantry Division, visited the Battalion Training School, Mulankavil on 24 November 2024. The Commanding Officer of 11th Battalion, Sri Lanka Light Infantry (11 SLLI) warmly welcomed the GOC according a ceremonial Guard Turnout. Addressing the troops, GOC highlighted the importance of training and encouraged the troops to stay dedicated and focused on achieving their training goals. Further, he recalled his memories at 11 SLLI as 05th Commanding Officer during the troops address.

143 Infantry Brigade Celebrates 14th Anniversary





143 Infantry Brigade commemorated its 14th anniversary under the patronage of Brigadier K A D T P Wimalasena RWP RSP, Commander of 143 Infantry Brigade, on 30 November 2024. The anniversary celebrations included with a drive pass to the Commander of 143 Infantry Brigade, planting saplings and All Ranks tea.

23 Infantry Division Initiates a Tree Planting Programme

In line with the 75th anniversary of the Sri Lanka Army, troops of 23 Infantry Division organised a tree planting programme on 09 October 2024 at the 23 Infantry Division Headquarter premises with the participation of Major General W P Kariyawasam, General Officer Commanding and troops of 23 Infantry Division. Nearly 600 saplings were planted, including jackfruit, lime, beli, wood apple and karada under the programme.









Sapling Planting Initiative from 10 (V) Gemunu Watch

The troops of 10 (V) Gemunu Watch (GW) initiated a tree planting programme at Sirinathakulam Junction to Thirukethishwaram Junction on 09 November 2024 following the conceptual notion of Colonel I P Jayasinghe RWP, Commander, 541 Infantry Brigade. Further, students from Gauriambal Government Tamil Mix School and villagers from Nagathalu, participated in the event.





Troops of 8th Battalion of Sri Lanka National Guard extending their manpower and technical expertise constructed a new house for a deserving family resided at Damana in Ampara area.

Community Projects from 8th Battalion of Sri Lanka National Guard



Brigadier L L D N Pathiratne RSP USP, Commander, 241 Infantry Brigade and Brigadier K P L Amunupure RWP RSP USP, Commander, 242 Infantry Brigade together vested the new house for the beneficiary on 09 October 2024. The philanthropists in the area extended financial generosity for the project. The housing project was executed under the supervision of Major E D S K Deniyaya, Commanding Officer, 8th Battalion of Sri Lanka National Guard. In line with the same event, maternity gift parcels were also distributed among 25 expecting mothers in the area.

Commanding Officer of 1 SLSR Assumes the Office



Major M A N C Wickramasinghe RWP RSP USP psc assumed the duties following the auspicious time as the newly appointed Commanding Officer of 1st Battalion of Sri Lanka Sinha Regiment (SLSR) on 11 November 2024. After assuming the duties, the newly appointed Commanding Officer, 1st Battalion of Sri Lanka Sinha Regiment addressed the troops and inspected the administration and welfare facilities.



New Vehicle Yard at 24 Infantry Division



The troops of 24 Infantry Division constructed a new vehicle yard in order to increase the operational readiness and vehicle maintenance on time in its Area of Responsibility. The newly established vehicle yard is also consisted of the specialised mechines and tools which are required for the armour and light vehicle repairs.

The initiative was executed under the guidance of Major General W L A C Perera RWP RSP USP, General Officer Commanding (GOC), 24 Infantry Division on 16 October 2024

Workshop on Engineers Service Procedures

As per the directive and guidance of Major General W P Kariyawasam, General Officer Commanding, 23 Infantry Division, a workshop to enhance the understanding of the Officers and Other Ranks on Engineers Service Procedures was held 25 October 2024 at 23 Infantry Division Headquarters in Punani. Major U G B S Abeygunawardhana, Officer Commanding of 31 Squadron Corps of Engineer Services conducted the workshop. The workshop included the critical topics such as the role and tasks of the Corps of Engineer Services, marching in and out procedures, and barrack damages and procedure.



New Home for a Deserving Family from 7 (V) Sri Lanka Armoured Corps





The new house constructed on behalf of Mr. K Jayasinghe, resided in Alagamuwa, Kekirawa was handed over in line with the 75th anniversary of the Sri Lanka Army. Major General P A M Peiris (Retd) RSP USP psc graced the occasion as a special guest with Major General W M S C K Wanasinghe RSP USP, General Officer Commanding, 21 Infantry Division and Brigadier R M C Rathnayaka RWP RSP USP Commander, 212 Infantry Brigade for the house warming ceremony. Troops of the 7 (V) Sri Lanka Armoured Corps extended manpower and technique expertise while Mr. Rohan Gunasekara from Mount Lavinia provided much required financial sponsorship for this project.

25



Community Projects from 241 Infantry Brigade





Two community projects were launched under the supervision of Brigadier L S D N Pathirathna RSP USP, Commander, 241 Infantry Brigade. Accordingly, the troops renovated the main road from Ampara to Ilukchena together with the residents in the area under the fullest supervision of Commanding Officer, 11 Sri Lanka National Guard. Further, the troops of the 18 Vijayabahu Infantry Regiment (VIR) donated school items at the Vision Hope Day Care Centre in Pandirippu on 01 October 2024.



Spectacles Distributed for School Children

A programme to distribute the spectacles for three visually impaired school children was held under the patronage of Brigadier R M C Ratnayake RWP RSP USP, Commander, 212 Infantry Brigade on 09 October 2024.

Delicious Lunch Treat for Senth Pills Meris Preschool Children



Extending a heartwarming community gesture, troops of the 10 (V) Vijayabahu Infantry Regiment (VIR) organised a nutritious lunch for the children of Senth Pills Meris Preschool, located in J/426 Champiyanpaththu (North) Grama Niladhari Division on 18 November 2024.

The initiative was executed under the directives of the Commanding Officer, 10 (V) VIR. Teachers and parents of the children also participated in the event.



Prosthetic Limbs Distribution at 22 Infantry Division

A Prosthetic Limbs Distribution programme was held at the 22 Infantry Divisions Headquarters from 17 to 19 October 2024.

The community project aimed to provide an assistance for the differently abled people of the Sri Lanka Army. Directorate of Sri Lanka Army Corps of Agriculture and Livestock, Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch (SLACAL – SVB), Colombo Friend-in-Need Society, Rotary Club of Capital City and Lanka Ashok Leyland extended their much required assistance for the community project.

During the programme, 27 prosthetic limbs were distributed among 25 amputees from the Sinhala, Muslim, and Tamil communities. Major General U K D D P Udugama RWP RSP USP ndc psc, General Officer Commanding, 22 Infantry Division, Mr. Supem Silva former President of Colombo Friend-in-Need Society and member of its Director Board, Mr Hematha Aponsu, President of Rotary Club of Capital City, Dr. Sandul Aponsu and Mr Gihan Panditaratne, former member of Rotary Club of Capital City, Dr. Sanjeewa Rajapaksa, Member of Management Board, Colombo Friend-in-Need Society Mr. S Jegatheswaran, President of Rotary Club of Capital City, Trincomalee and Brigade Commanders of 222 and 223 Infantry Brigade took part in the programme.



Sri Lanka Artillery Gifts a New Home for a Soldier in Minneriya



In line with the 75th anniversary of the Sri Lanka Army, the troops of 7 Sri Lanka Artillery (7 SLA), constructed a new house for Bombardier Kumara H M A P, a Non-Commissioned Officer, resided at Maharathmale, Minneriya on 30 October 2024.

The Non-Commissioned Officer had faced numerous hardships with his wife and three children without having a house. The community project was implemented following the directives of the Commander of Security Forces (East) with the guidance of the General Officer Commanding,



23 Infantry Division. The Commander, 231 Infantry Brigade supervised the project. Officers and Other Ranks of 7 SLA extended much required financial generosity and manpower along with the required supplies for the construction.

Major General S A Kulathunga RWP RSP VSV USP psc, Commander of Security Forces (East) officially handed over the new house to the beneficiary.



Lectures on 'Soldier Motivation' Inspires Army Personnel



The Directorate of Media and Psychological Operations successfully hosted another session under its series of workshops at 24 Infantry Division and Combat Training School in Ampara on 20 November 2024.

Lieutenant Colonel E A A S Chaminda conducted an interactive session sharing wartime stories highlighting the endurance, perseverance, and unwavering dedication of War Heroes of the Sri Lanka Army under theme "Soldier Motivation through War Literature", aiming to instill a sense of pride and motivation among the attendees while inspiring them to reflect the valour and sacrifices made by the War Heroes.

In addition, Major M H M S Bandara Lsc delivered an educational lecture on the responsible use of social media for Army personnel under the theme of "Proud Soldier", addressing the importance of maintaining a disciplined online presence while avoiding illegal activities

The Basic Tamil Language Course (2024/II) Successfully Culminates







The closing ceremony of 'Basic Tamil Language Course Number - II' initiated by 1 Military Intelligence Corps in Vavuniya under the direction of Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni) with the fullest supervision of Brigadier K M V Kodituwakku, Brigadier General Staff, Security Forces (Wanni) was held on 23 November 2024. Colonel R M Subasingha RSP, Colonel General Staff, Security Forces (Wanni) graced the event as the Chief Guest. The closing ceremony was also included with a concert exhibiting Tamil language skills of course attendees. 39 Other Ranks representing several Regiments of the Sri Lanka Army followed the course. Private Dilrangi K G N S of 2 (V) Sri Lanka Army Women's Corp was awarded as the best student of the course.





Donation Programme for Students of AMP/Galkanda Primary School



24 Infantry Division organised a donation programme to facilitate the under-developed Amp/Galkanda Primary School on 28 October 2024 under the patronage of Major General W L A C Perera RWP RSP USP, General Officer Commanding, 24 Infantry Division. During the programme, musical instruments for the school band were donated to the school authority. Colonel B D T D Jayaratne psc, Colonel General Staff Officer, Security Forces (West) and Dr. Koumadi Karunagoda coordinated the project.

Further, Most Venerable Royal Pandithdigamadulle Wimalananda Thero and Sakya Youth Group Berwick, Melbourne, Australia extended the much required financial assistance for the project.

New Officers' Mess for 1st Engineer Services Regiment

Major General K A N Rasika Kumara ndc psc, Colonel Commandant Corps of Engineer Services, Director General of Media and Psychological Operations and the Spokesperson of the Sri Lanka Army inaugurated newly constructed Officers' Mess at 1 Engineer Services Regiment (1 ESR) at the invitation Lieutenant Colonel P A A S Perera, Commanding Officer, 1 ESR on 06 November 2024. This Officers' Mess was constructed fulfilling a longstanding requirement with the manpower and technical expertise of the troops of 1 ESR.









Mrs. Janaki Liyanage, the President of the Army Seva Vanitha Unit (ASVU), visited Mihindu Seth Medura in Attidiya on 05 November 2024 to inquire the wellbeing of the residential War Heroes who dedicated their service for the sovereignty and territorial integrity of the nation. During the visit, the President of ASVU donated two electric wheelchairs at the request of two inmates. Additionally, 30 dry ration packs were also distributed among the assistants working at the centre.











ASVU Extends Helping Hand for Future Champions



A school stationary donation programme was held at Army Headquarters on the request of Mrs. Hasini Pallawala, Director, Directorate of Civil Administration under the patronage of Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit (ASVU) on 21 November 2024. 250 children of civil staff serving in various Army units, formations and Offices benefited from the initiative.

The programme, aimed to ease the financial burden of civil employees, by distributing essential school accessories among their school age children and supporting their educational requirements to ensure a smooth academic journey for the first term in 2025.

Senior Members of ASVU, Senior Officers, Officers and Other Ranks participated in the event.

ASVU Distributes Dry Ration Packs among Army & Civil Personnel





Army Seva Vanitha Unit (ASVU) distributed 200 dry ration packs among selected Army and civil personnel working at Security Forces (Jaffna) and Security Forces (East) on 05 November 2024 at the ASVU Office, Army Headquarters. Another 200 dry ration packs were also distributed among Army personnel and civil staff serving in Security Forces (Wanni) and Security Forces (Central) on 08 November 2024. Mrs. Janaki Liyanage, President of ASVU graced the both occasions as the Chief Guest and distributed the relief packs among the recipients. The distribution programmes were held to provide an economic relief to deserving members of the Army and civil staff.







ASVU Conducts Donation Programme for War Heroes





The Army Seva Vanitha Unit (ASVU) initiated a donation programme for differently-abled War Heroes who are being rehabilitated and recuperated at Abimansala I, II, III, Mihindu Seth Madura and Ranaviru Sevana, Ragama. Accordingly, wheelchairs, crutches, commode chairs, walking aids and medical equipment handed over to the Directorate of Veterans' Affairs and Rehabilitation on 13 November 2024 at Ranaviru Sevana, Ragama.

The programme held under the gracious participation of Mrs. Janaki Liyanage, President of the ASVU was attended by Brigadier W A S R Wijedasa RSP USP, Director, Directorate of Veterans' Affairs and Rehabilitation and Brigadier P N Wijesiriwardena RSP USP, Commandant, Ranaviru Sevana, Ragama. Subsequently, the President of the ASVU interacted with the residential War Heroes visiting their wards inquiring about the requirements and progress of the clinical treatments of War Heroes.





The monthly meeting of the Army Seva Vanitha Unit (ASVU) was held on 25 November 2024 under the patronage of Mrs. Janaki Liyanage, President of ASVU at the Army Headquarters premises.

During the monthly meeting, the President, ASVU made significant donations to support the welfare of War Heroes and their families. Financial grants of Rs. 600,000.00 each were awarded to four soldiers from the Sri Lanka Army Electrical and Mechanical Engineers (SLEME) to assist in building their houses. Additionally, Rs. 450,000.00 each was provided to five soldiers to help complete their partially constructed homes. Further, grants of Rs. 250,000.00 each were extended to several Other Ranks to support the completion of their houses.

In addition, essential food items were distributed among 30 Other Ranks and civil servants of the SLEME to alleviate existing economic hardships. Further, school accessories were distributed among schooling children of 30 Other Ranks while giving away among 100 dry rations for Other Ranks and civil servants of the Sri Lanka Corps of Agriculture and Livestock.





Sri Lanka Sinha Regiment Seva Vanitha Branch



A scholarship programme organsied by the Sri Lanka Sinha Regiment Seva Vanitha Branch (SLSR-SVB) was held on 30 November 2024 at 2nd (V) Battalion of the Sri Lanka Sinha Regiment Regimental premises. Major General W P A D W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Army and Colonel of the Sri Lanka Sinha Regiment (SLSR), and Mrs. Neluka Nanayakkara, Chairperson of SLSR-SVB graced the event. Accordingly, 18 students who excelled in Grade 5 Scholarship Examination, 12 students who excelled scoring 'A' passes for more than eight subjects in the GCE (O/L) Examination, and 06 students who excelled in the GCE (A/L) Examination privileged to enter the universities received scholarships during the programme. In addition to the scholarships awarding, 18 pairs of school shoes were also donated among children who passed the Grade 5 Scholarship Examination with the coordination of Mrs. Nethmini Muthumala, Assistant Treasurer of SLSR-SVB in collaboration with NDB Bank, Kandy. Rs. 570,000.00 spent for the scholarships.



Extending the welfare facilities executed by the branch, the Sri Lanka Light Infantry Seva Vanitha Branch (SLLI-SVB) organised a Culinary Workshop at the SLLI Regimental Centre, following a conceptual notion of Mrs. Darshaniee Yahampath, Chairperson of SLLI-SVB on 09 November 2024. The workshop attended by 150 spouses of Officers and Other Ranks, aimed at empowering the Army families to enhance their culinary skills.

Seva Vanitha Branch

The event was held in collaboration with Nestlé Lanka Private Limited, who supported the initiative to promote good, nutritious food. Renowned Chef Mrs. Roshini Perera conducted the session engaging with the audience and offering valuable insights on cooking and nutrition. Adding educative aspects to the initiative, participants were also awarded with gifts for answering questions correctly during the session.

The workshop was designed to provide practical skills to empower Army families by equipping them with the skills and tools required to start small-scale confectionery businesses. In support of this initiative, Nestlé Lanka agreed to supply raw materials at subsidised rates for those interested in pursuing self-employment with opportunities to sell their products at SLLI canteens. Senior Officers, Officers, Other Ranks, Mr. Ayesh Lasantha, Sales Executive from Nestlé Lanka and members of SLLI-SVB attended the event.





The 14 Rocket Regiment of the Sri Lanka Artillery (SLA) in collaboration with Sri Lanka Artillery Seva Vanitha Branch and the Silvermill Foundation successfully organised a donation programme on 24 October 2024 in Kalankuttiya. During the programme, dry ration packs were distributed among 20 pregnant mothers and 700 coconut saplings distributed among 80 farmers in the area. Major General Shiran Abeysekara (Retd) RSP VSV USP, President of the Silvermill Foundation, sponsored the items for the donation at the request of Major General B K G M L Rodrigo RSP psc IG, Commandant of the Sri Lanka Army Volunteer Force and Colonel Commandant of the SLA.



A school books distribution programme organised by Sri Lanka Signal Corps Seva Vanitha Branch (SLSC-SVB) was held on 08 November 2024 at Regimental Centre Sri Lanka Signal Corps.

Mrs. Ganga Herath, the Chairperson of the Signal Seva Vanitha Branch graced the event as the Chief Guest and distributed books worth of Rs. 4,803,063.00. Also, 90 book parcels were symbolically handed over during the same event among the children of Other Ranks serving at the Regimental Centre Sri Lanka Signal Corps. Officers, members of SLSC - SVB, Other Ranks and students benefited from the programme.



Spectacles Donation Programme organised by the Gajaba Regimental was held on 20 November 2024 in collaboration with the Sri Lanka Eye Donation Society at the Gajaba Regimental Centre. Gajaba Regiment Seva Vanitha Branch (GR-SVB) held the event under the guidance of Mrs. Priyanga Wickramasinghe, Chairperson of the Gajaba Regiment Seva Vanitha Branch (GR-SVB). 381 recipients were benefited from the programme graced by Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, Commander, Security Forces (Jaffna) and Colonel of the Regiment GR. Members of Sri Lanka Eye Donation Society, also attended the programme.





7 and 11 Vijayabahu Infantry Regiments under command to 51 and 52 Infantry Divisions organised a school accessories distribution programme on 11 November 2024 for 97 students from Madihe Pannasiha Vidyalaya, Puttur, and Sri Narada College, Karaveddy.

Mrs. Dr. Kawmadi Karunagoda, representing the Chairperson of the Vijayabahu Infantry Regiment Seva Vanitha Branch (VIR-SVB) together with its members took part in the event.



A programme to commemorate the fallen War Heroes of Sri Lanka Electrical and Mechanical Engineers was held in line with 75th anniversary of Sri Lana Army on 23 November 2024 at the Monument of Electrical and Mechanical Engineers School, Gannoruwa. During the event, gift parcels were distributed among the family members of War Heroes. Major General S P A I M B Samarakoon Hdmc Lsc, Deputy Chief of Staff of the Army and the Colonel Commandant of Sri Lanka Electrical and Mechanical Engineers (SLEME) together with Mrs. Nandani Samarakoon, Chairperson of the Seva Vanitha Branch (SLEME - SVB) graced the event. Officers, Other Ranks, and members of SLEME - SVB, participated in the event.



Medical examination programme for troops and their spouses was held on 01 November 2024 at 1 Special Forces premises in collaboration with Special Forces Seva Vanitha Branch (SF–SVB) and Naula General Hospital. Dr. Pandula Wijesooriya and the Nalanda hospital team extended much required expertise assistance for the programme. The programme was held under the guidance of Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni) and Colonel of the Regiment SF and Mrs. Anoja Peiris, Chairperson of SF–SVB. 100 personnnel including Officers, Other Ranks and their families were benefited with essential health assessments and medical consultations from the programme.

Military Intelligence Corps Seva Vanitha Branch

Essential maternity were distributed among 26 pregnant spouses of Other Ranks serving at Military Intelligence Corps (MIC) on 17 November 2024 at the MIC Regimental Centre. Mrs. Hansika Mahalekam, Chairperson of the Military Intelligence Corps Vanitha Branch (MIC-SVB). graced the event.





Mrs. Thunuja Subasingha, a nurse at Colombo National Hospital conducted a lecture on the nutritional requirements for pregnant mothers. Members of MIC-SVB participated in the event.





The Sri Lanka Army Service Corps Seva Vanitha Branch (SLASC-SVB) organised a Bodhi Pooja on 30 October 2024 at Sri Bodhirajaramaya Temple, Panagoda in line with the 106th anniversary of the SLASC. The Bodhi Pooja was aimed to invoke the blessings for Officers, Other Ranks, Civil Staff and fallen War Heroes of SLASC. Venerable Rathnapure Dhammaissara Thero, Chief Incumbent at Weyangoda Mottunna Kireetarama Temple conducted the religious observance. Major General A K Rajapakshe RSP, Master General Ordnance and the Colonel Commandant of the SLASC, together with Mrs. Chandi Rajapakse, Chairperson of SLASC-SVB graced the occasion. Major General E M G A Ambanpola Director General Supply & Transport Mrs. Madhuwanthi Ambanpola, Deputy Chairperson SLASC-SVB Officers, Other Ranks, Civil Staff and members of SLASC-SVB participated in the event.







Sri Lanka Army Medical Corps Seva Vanitha Branch

A scholarship programme was held on 09 November 2024 under the patronage of Major General D K S K Dolage USP psc, Commandant of the Defence Services Command and Staff College and the Colonel Commandant of SLAMC and Mrs. Kalyani Wijeratne, Chairperson of the Sri Lanka Army Medical Corps Seva Vanitha Branch (SLAMC-SVB) at the Army Hospital auditorium, Colombo following the conceptual notion of the Chairperson of SLAMC-SVB. During the programme, 41 students received a deposit of Rs. 10,000.00 with essential school items. Members of the SLAMC-SVB, Senior Officers, Officers and Other Ranks participated in the programme.





Sri Lanka Army Ordnance Corps Seva Vanitha Branch

The Sri Lanka Army Ordnance Corps Seva Vanitha Branch (SLAOC-SVB) distributed dry ration packs among 24 civil employees serving at the SLAOC Regimental Centre and the School of Ordnance on 07 November 2024.

This initiative was conducted under the guidance of Major General E M M Fernando Hdmc Lsc AATO, Commander, Logistics Command, and Colonel Commandant of the SLAOC and Mrs. Iresha Dilrukshi Fernando, Chairperson of SLAOC-SVB.





Sri Lanka Corps of Military Police Seva Vanitha Branch

4 Sri Lanka Corps of Military Police organised a donation initiative under the direction of Mrs. Manisha Kotalawala, the Chairperson of Sri Lanka Corps of Military Police Seva Vanitha Branch (SLCMP-SVB) on 26 October 2024 at St. Lucas Elders' Home in Putthur. Gift packs containing, daily medical items, dry rations and mosquito nets were accordingly distributed among the senior citizens at St. Lucas Elders' Home. The event was culminated with an entertaining programme and a delicious lunch treat.





Sri Lanka Army General Service Corps Seva Vanitha Branch

A special Children's Activity Day organised by the Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC-SVB) in celebration of World Children's Day was held on 26 October 2024 at the APTS Gymnasium in Panagoda. Major General A M K G P S K Abeysinghe, Director General Financial Management and the Colonel Commandant of the SLAGSC together with Mrs. Thushari Abeysinghe, the Chairperson of SLAGSC-SVB took part in the event.

A total of 100 children from serving Officers, Other Ranks, and civil staff of the SLAGSC participated in special events designed to provide them with valuable teamwork experience. The programme also featured an entertainment session for the children, ensuring a fun and interactive atmosphere enhancing their collaboration and teamwork skills.

Also, each child received a T-shirt and a colourful smart watch along with refreshments during the activities. Additionally, a lunch treat was provided for children and their parents and an interactive lecture by Mr. R M Rohan Rathnayaka, Lecturer at the Sri Lanka Foundation Institute further enhanced the event.







Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch

The Sri Lanka Army Corps of Agriculture and Livestock Seva Vanitha Branch (SLACAL-SVB) donated 50 essential maternity aid packs among expecting mothers in Karandeniya and Elpitiya at the Regimental Centre, 2 (V) SLACAL on 26 October 2024.

The programme, aimed at promoting health and well-being of the underprivileged expecting mothers, included with a nutritious breakfast, morning tea, and lunch. In addition to practical assistance, Dr. T Praneeth delivered an informative lecture, covering key aspects of pre - and post-pregnancy care. Major General S A Kulatunge RWP RSP VSV USP psc, Commander, Security Forces (East) and Colonel Commandant of SLACAL, Brigadier T M S J Tennakoon RSP, Centre Commandant of SLACAL, and members of the SLACAL-SVB were attended this heartwarming initiative.



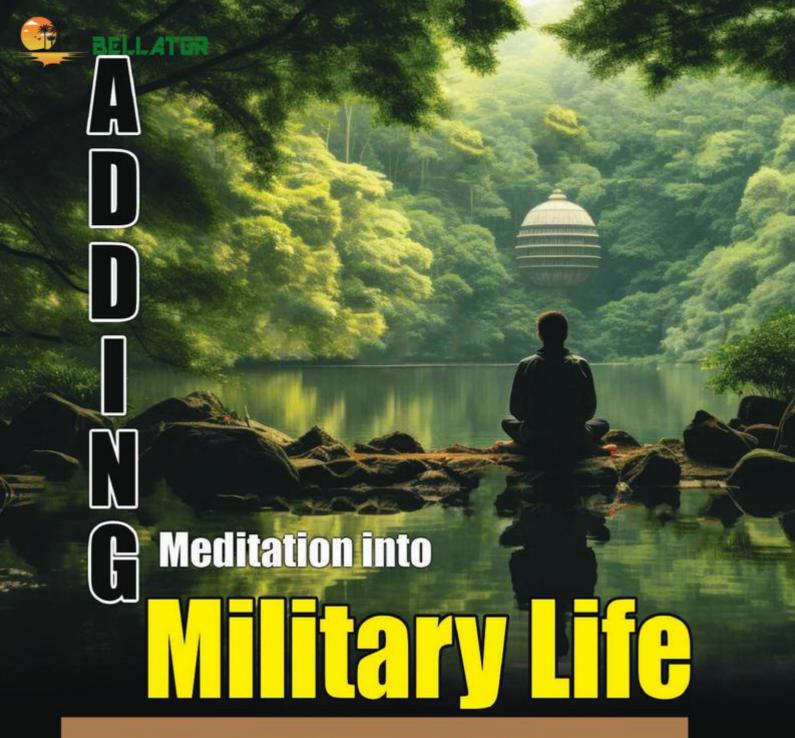
Gemunu Watch Seva Vanitha Branch

Mrs. Dilrukshi Wimalarathna assumed duties as the new Chairperson of the Gemunu Watch Seva Vanitha Branch (GW-SVB) on 23 November 2024 at the GW Regimental Headquarters. Members of GW-SVB also participated in the duty assumption.





Sri Lanka Army Women's Corps Seva Vanitha Branch (SLAWC-SVB), intervened to complete the partially constructed house of retired Staff Sargent Nayanakanthi K G M of 3 (V) Sri Lanka Army Women's Corps. The project was completed with the financial contribution of SLAWC-SVB under the directions of Mrs. Udula Kasturimudali, Chairperson of SLAWC-SVB. Troops of the 4 Engineer Services Regiment, Panadura and SLAWC provided manpower and technical expertise to complete the house. The members of SLAWC-SVB, Officers and Other Ranks participated in the house warming ceremony programme held on 16 October 2024 in Dambagoda.



in the military is inheritably demanding with its nature and formation abided with a swift change within a fewer course of time in both the body and mind. Often, military personnel are expected to perform in high-pressure environments, make quick decisions, while enduring the physical and emotional conditions drastically changing. Under such situations amidst the rest of the other tasks, maintaining mental health and well-being is significantly important in and off duty for military personnel for both his/her development of career and personal life.

Meditation, is often identified a spiritual activity connected to the religious background which is frequently practiced in spare time. However, it has gained a recognition recently within military settings due to its profound benefits in assisting military personnel to manage their stress to enhance overall resilience. Meditation provides numerous benefits for a military personnel beyond relaxation and helps to engage in the task while encouraging to perform with balanced mental clarity building emotional strength. This article, provides you simple guidelines to how to practice it while in duty.



quickly reduce stress and help bring the body into a calmer state.

Conclusion

Meditation is much more than a relaxation technique for military personnel. It's also a powerful tool for improving mental clarity, emotional resilience, and collectively overall performance in high-stress environments. Practicing the meditation into the daily routine may helpful for military personnel for their career and private life. Further, it reduces stress, enhance decision-making, and improve long-term mental health. Whatever situation you may be perhaps in training or frontline, meditation offers a proven way to sharpen the focus, and demand you to stay calm under pressure which is essential for soldiers to accomplish their missions successfully.

Life in military is inheritably demanding with its nature and formation abided with a swift change within a fewer course of time in both the body and mind. Often, the soldiers are expected to perform in highpressure environments, make quick decisions, while endure the physical and emotional conditions drastically changing. Under such situations amidst the rest of the other tasks, maintaining mental health and well-being is significantly important in and off duty for a soldier for both his/ her development of career and personal life.

Meditation, is often identified a spiritual activity connected to the religious background which is frequently practiced in spare time. However, it has gained a recognition recently within military settings due to its profound benefits in assisting soldiers to manage their stress to enhance overall resilience. Meditation provides numerous benefits for a military personnel beyond relaxation and helps to force on the task while encouraging to perform with balanced mental clarity while building emotional strength.

2. Make it a Habit It is true that militar

It is true that military personnel don't always have the luxury of quiet time for meditation while in duty. However, when you started to practice small in your framework, you gradually develop your practice into a habit. When it converted to a habit, it absorbs into your lifeblood.

3. Give Attention to Detail

The meditation necessarily does not require a significant force as in religious perspective. Military personnel can practice mindfulness by focusing on their breath, paying attention to their surroundings, assigned tasks. However, the most important point is staying in the present moment. This can help improve situational awareness and maintain focus during high-pressure situations.

4. Convert your Daily Activity Your Apps

For beginners, using a guided meditation or a meditation app can provide structure and guidance. However, with a restricted environment this may be challenging again for military personnel. So, make your assigned task, the daily assignment or emotionally collapsed/disturbed situation your app for you practice.

5. Share Experience

Whenever possible, share your life experiences with your friends. This do not include the sharing sensitive information but a life changing experiences, lessons which has the capacity to educate or prevent another going through the same situation. This also helps to engage your emotions with positive vibes which is also a part of therapeutic meditation.

6. Practice Breathing Techniques

The breathing has a significance in meditation particularly in any moment. The breathing is also considered as an exercises which could be an effective alternative. Deep breathing techniques, such as box breathing (inhale for four counts, hold for four counts, exhale for four counts, hold for four counts), may

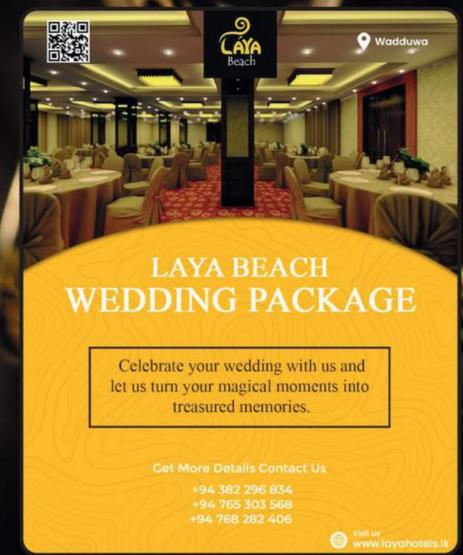


While meditation may seem an unconventional practice in such an environment like military, applying the following tips may help you to practice it for shorter time while adhering to your the daily routine and duty.

1. Start Small

Meditation doesn't require longer period. Five minutes of meditation may help you shape your day. This might seem challenging but start small. The best time for mediation is morning hours, however as your schedule demand reserve a time comfortably.





Share your thoughts with Bellator

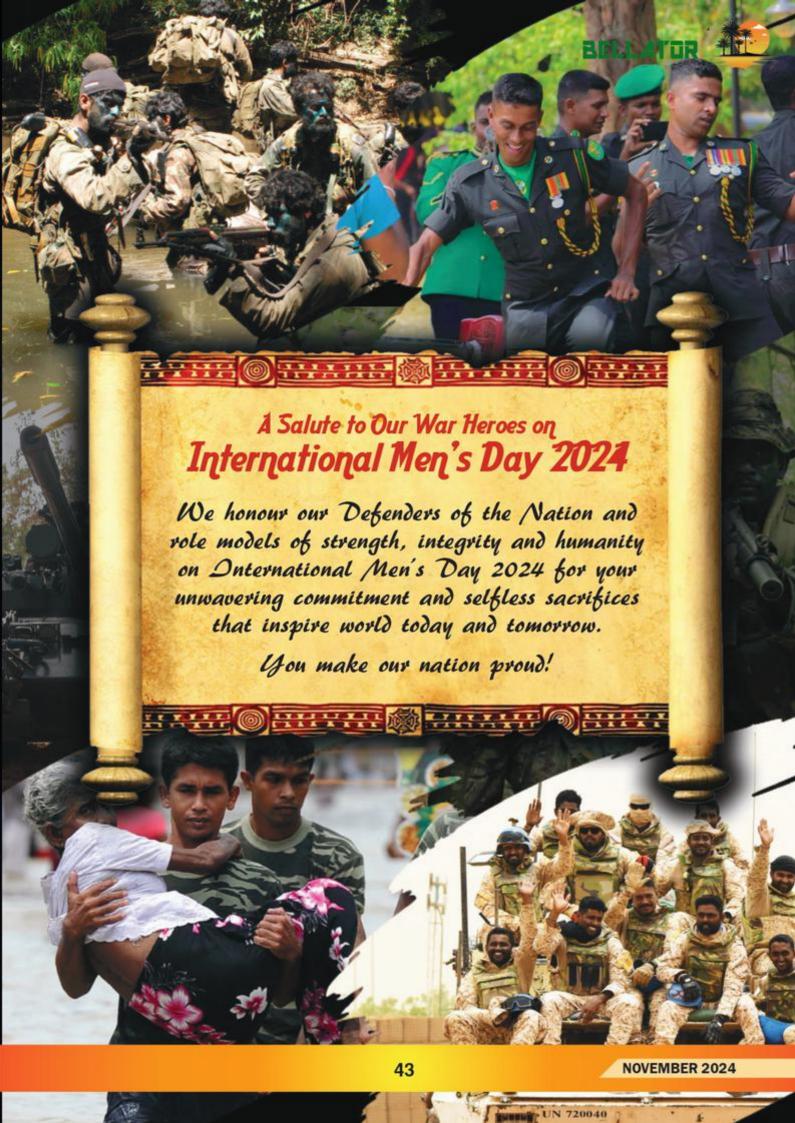
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HISTORY OF INCENDIARY WEAPONS

Incendiary weapons, designed to ignite and cause fires, have a long and varied history. These weapons have been used for military, tactical, and psychological purposes throughout history. Accordingly, the Office of Disarmament Affairs of United Nations 'incendiary weapons are weapons or munitions designed to set fire to objects or cause burn or respiratory injury to people through the action of flame, heat, or combination thereof, resulting from a chemical reaction of a flammable substance such as napalm or white phosphorus'.

Ancient armies used incendiary devices such as burning arrows, flaming pots of oil, and tar-soaked materials to set fires during sieges, reflecting the ingenuity and resourcefulness of early civilizations in their efforts to gain a strategic advantage in warfare. These weapons were designed to create fire, panic, and destruction, and were used in various forms throughout antiquity. Ancient warriors often used arrows and javelins tipped with flammable materials. These projectiles could be lit before being launched, setting targets ablaze upon impact. During sieges, defenders and attackers used flaming pots filled with oil. pitch, and other incendiaries. These could be thrown by hand or launched using catapults or other siege engines. Siege towers and

battering rams were sometimes equipped with or targeted by incendiary devices. Attackers would try to set wooden defenses on fire to weaken them, Historical records suggest that animals such as birds and pigs were sometimes used as incendiary devices. For example, birds with burning materials tied to them could be released to set enemy buildings on fire. Incendiary weapons were a crucial part of ancient warfare. reflecting the creativity and strategic thinking of early military engineers and warriors. These weapons laid the groundwork for the more sophisticated incendiary devices used in later periods.

Ancient Greeks

One of the most famous ancient incendiary weapons, Greek fire, was a highly effective incendiary weapon used by the Byzantine Empire. Greek fire was developed in the 7th century AD, during the reign of Byzantine Emperor Constantine IV. The invention is often attributed to Callinicus of Heliopolis, a Greekspeaking Jewish refugee from Syria, although some scholars suggest it may have been a collective effort by Byzantine scientists. The precise formula of Greek fire was a closely guarded state secret, known only to a select few. The exact composition of Greek fire was lost over time, largely due to

the decline of the Byzantine Empire and the fall of Constantinople in 1453. Attempts by later societies to recreate Greek fire were largely unsuccessful. Modern scholars believe it may have included ingredients such as petroleum or naphtha, quicklime, sulfur, and other combustible materials. Its ability to burn on water suggests the use of a petroleum-based substance. Greek fire was primarily used in naval warfare, where its ability to ignite on water gave the Byzantine navy a significant advantage. It was deployed using siphons mounted on ships, which sprayed the flaming liquid onto enemy vessels. This weapon was instrumental in several key Byzantine victories. Greek fire was also used in land sieges and city defenses. It could be projected onto besieging forces or enemy fortifications, causing panic and destruction. During the Siege of Constantinople (717-718), Greek fire played a crucial role in the Byzantine defense against the Umayyad Caliphate's naval and land assault. The Byzantines successfully repelled the invaders, significantly aided by the use of Greek fire to destroy enemy ships. Greek fire was used effectively by the Byzantine navy against Arab fleets during the Battle of Lalakaon (863), contributing to a decisive victory that halted Arab expansion into Anatolia. Greek fire left a lasting legacy as one of the most formidable and mysterious weapons of the ancient and medieval world. Its impact on Byzantine military strategy and its psychological effect on enemies wa profound.

Medieval Period

During the medieval period, fire arrows and incendiary bombs were common in warfare. These weapons were designed to cause fire and destruction, often used in sieges,





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during the early 19th century. They had incendiary warheads and were used to set buildings and ships on fire. These early devices were often unreliable but could create significant fires and psychological effects.

Incendiary weapons in World War demonstrated the increasing technological sophistication and the brutal nature of warfare during the conflict. These weapons were designed not only to kill and destroy but also to terrorise and demoralise enemy forces. Their use set a precedent for incendiary tactics in future conflicts. These weapons evolved from earlier incendiary devices and were used in various forms during the conflict. Incendiary shells were used by both sides in World War I. These shells were filled with flammable materials such as oil or phosphorus and were designed to ignite upon impact, causing fires and additional damage

to enemy positions. The flamethrower was one of the most infamous incendiary

weapons introduced during World War I. It was first used by German forces in 1915 and became a symbol of the brutality of trench warfare. The weapon projected a stream of burning fuel, which could clear enemy trenches and bunkers. Incendiary bombs were dropped from aircraft to set enemy targets on fire. Early bombing raids included the use of these bombs to

destroy ammunition depots, supply lines, and other strategic targets. Incendiary grenades, filled with materials like phosphorus, were used by infantry to clear enemy trenches and fortifications. These grenades would ignite upon explosion, causing fires that were difficult to extinguish. Although less common, incendiary balloons were used to carry incendiary devices over enemy lines. These balloons could be released and drift over the battlefield, dropping their incendiary payloads on enemy positions. Phosphorus was used in various forms as an incendiary weapon. White phosphorus grenades and shells were particularly feared due to their ability to ignite spontaneously upon exposure to air and cause severe burns. Thermite, a mixture of metal powder and metal oxide that burns at extremely high temperatures, was used in incendiary devices to destroy equipment and

fortifications.

Its intense heat
made it effective for disabling
artillery and other hardware.

White phosphorus has a long and controversial history in military use due to its incendiary properties and its ability to create smoke screens. White phosphorus was first used extensively during World War I.

It was primarily used in smoke munitions and grenades to create smoke screens for concealment and signaling. During World War II, white phosphorus was used by various armies in grenades, shells, and bombs. It was valued for its ability to create dense smoke screens and for its incendiary effects. Notably, it was used by the Allied forces in both the European and Pacific theaters. White phosphorus continued to be used during the Korean War, notably by the United States Army (US). It was used in mortar and artillery shells for both smoke screens and as an anti-personnel weapon due to its incendiary properties. The Vietnam War saw extensive use of white phosphorus by U.S. forces. It was employed in grenades, bombs, and artillery

shells, both to create smoke

a weapon against enemy personnel and equipment. During the Gulf War, white phosphorus was used by U.S. forces primarily in the form of artillery shells and grenades. It was employed to create smoke screens, mark targets, and clear enemy trenches. White phosphorus was notably used during the Second Battle of Fallujah in 2004. It was



deployed to create smoke screens and reportedly as an incendiary weapon, leading to significant controversy and scrutiny regarding its effects on civilians. Multiple reports indicate the use of white phosphorus by various forces during the Syrian Civil War. It has been used to create smoke screens. mark targets, and reportedly as an incendiary weapon. The use of white phosphorus is regulated under international law, specifically the Protocol on Prohibitions or Restrictions on the Use of Incendiary Weapons (Protocol III) of the Convention on Certain Conventional Weapons (CCW). This protocol restricts the use of incendiary weapons against civilian populations and in civilian areas.

Thermite is a pyrotechnic composition of metal powder. usually aluminum, and a metal oxide, typically iron oxide. When ignited, thermite undergoes an exothermic oxidation-reduction reaction that produces extremely high temperatures, capable of cutting or welding metal and destroying equipment. Thermite burns at extremely high temperatures (over 2500°C), making it capable of cutting through steel and other metals. This makes it highly effective for demolishing equipment and fortifications. The intense heat and prolonged burn time of thermite makes it useful for starting fires and causing extensive damage to flammable materials. Thermite was invented in 1893 by German chemist Hans Goldschmidt. It was initially used for welding railways and other industrial applications. During World War I, thermite saw limited

employed for sabotage purposes, such as destroying enemy artillery and equipment by melting through metal components. Thermite was more widely used during World War II. The United States and other Allied forces employed thermite grenades to disable enemy artillery and vehicles, destroy equipment, and create incendiary effects. The M14 thermite grenade, for example, was used to destroy captured enemy equipment to prevent its reuse. Thermite was also used in covert sabotage operations, such as by resistance groups in occupied Europe and many, to disable machinery and infrastructure. The high temperatures produced by thermite made it effective for quickly destroying sensitive materials. Thermite remains in use today by modern military forces for a variety of purposes, including disabling or destroying equipment, breaching, and demolition tasks. Thermite grenades are part of the standard arsenal of many military organisations.

to be continued...

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Begrer of Glory

Introduction

Some call me "Yashodara", the one who bears glory. Others named me "Bimba Devi", the lady who followed Prince Siddhartha like a shadow for countless aeons. Years later, whole region bestowed me the title, "Rahula Maatha", the one who bare the child of the saviour. Mine is a story which captured the hearts of many over thousands of years. My ideals and sacrifices were equal to none as the legend goes. I was honoured as the most virtuous woman in the three realms who was fortunate enough to be the eternal consort of Lord Gautama Buddha. Hence, men always found their ideal counterpart in me. Women often devoted their lives to follow the ideals in me. Never even once, one dared to question the very existence of an ideal human being like me, even when most of them doubted the presence of celestial beings in six heavenly abodes.

Chapter one

Last few drops of frost dried up.
Gales began to cease into a gentle breeze. Hidden voices of birds came out little by little as the winter turned into summer in Devdaha city, the capital of Koliya kingdom. I felt the energy within me rising up as I saw the cheerful atmosphere. Few servants were sweeping the

garden and the path in front of the palace. I sat down near the window to grasp a better view of the outside while sipping a glass of milk.
"What an ideal day to start outdoor training" I thought excitedly while looking at my sword. Just then I heard the voice of my beloved companion, "Pali", the daughter of the chief minister to my father.

"Yasho, what are you doing? Are you up?"

"Yeah, come in."

As I utter those words, she ran up to my bed as usual.

"You don't ever change, do you?"

"Nope. I don't have the simplest idea to change my ways you know."

We shared a good laugh as she drew a chair next to me and looked earnestly at my face.

"You know who is coming here in the evening?"

"Who? I have no idea. I just woke up you see."

"Your cousin, Prince Siddhartha."

suddenly? I haven't seen him for ages." I couldn't hide the amazement in my voice.

"Yeah. Me too. As I heard he is going to held a Swayamvar soon. Everyone here is talking about that. Haven't you heard?"

"Nandaa had mentioned something in her letter. I received it yesterday. Since you didn't come, I couldn't tell you."

"Never mind. But Yasho, the point is I don't understand this Swayamvar thing at all. He is a prince. Why is he having a Swayamvar? After all, he could marry any princess he chooses."

Pali asked the very same question on my mind as if she had read my thoughts.

"I was also wondering about the same thing. It is not suitable to ask from even Nandaa."

"I know. Don't you worry about a thing. I will try to grab some information from his servants when they arrive."

"Yeah. Sure, if you want to. But I have no interest in the matter whatsoever."

"Oh Yasho no more lies please. I know Siddhartha holds a special place in your heart."

"What? Says who? He is just my cousin and my play mate when we were kids. That's all."

"Alright. alright. Enough arguing. Now get ready to welcome your sweetheart."

"He is not my sweetheart I told you."









The Lifeblood of Army Life

Physical Training also known as PT, is considered the backbone of military life. It serves as the foundation for physical and mental preparedness, that military personnel fundamentally require to face challenges ahead. In the military, where fitness directly impacts the operational readiness, PT has become not just a routine but a way of life.

Why PT?

PT is more than just maintaining physical fitness as it helps to shape discipline, resilience, and endurance. The ability to endure rigorous physical conditions, navigate challenging terrains in and off shores and lands, and execute demanding tasks require a strong physical foundation. Regular PT offers a number of health benefits including improved cardiovascular health, muscular strength, and flexibility, enabling military personnel to perform their best during their engagements.

Moreover, PT plays a vital role in mental well-being. The military life often comes with significant stress, and physical activity. However, generally PT has proven benefits in reducing anxiety and improving mood as a collective engagement, which fosters the camaraderie among troops while creating a sense of unity and teamwork.

Healthy Tips for Physical Training

For the best outcomes from PT while avoiding injury, ensuring long-term health, military personnel should adopt a balanced approach. Here are some essential tips for best results!



1. Start with Warm-Up

Begin every PT session with a proper warm-up to prepare your body for the intensity ahead. Dynamic stretches and light aerobic exercises increase blood flow to the muscles and reduce the risk of injury. Similarly, cooling down with stretches helps with muscle recovery and minimises soreness.

2. Focus on Functional Fitness

Military tasks often demand a mix of strength, endurance, and agility. Include functional fitness exercises such as push-ups, pull-ups and squats into your routine. These exercises mimic real-life movements, enhancing your overall operational capability.

3. Cardiovascular Endurance First

Cardio is essential for military personnel who often have to march long distances or operate in highstress environments. Running, swimming, or cycling are excellent options to build endurance. Interval training, which alternates between high and low-intensity exercises, is particularly effective to improve the stamina.

4. Include Strength Training

Strength training is supportive for carrying heavy loads, lifting equipment, and maintaining stability in challenging conditions. Weightlifting, resistance band exercises, and bodyweight routines like planks and lunges strengthen core muscles and improve overall power of your body.

5. Stay Hydrated

Hydration is critical, especially during intensive training in hot and humid climates. Dehydration reduces performance and increases the risk of heat-related illnesses. Therefore, drink water regularly before, during, and after your workout to stay adequately hydrated.

6. Add Nutrition

Diet directly plays a key role in military life. Opt for a balanced diet rich in proteins, complex carbohydrates, healthy fats, and essential vitamins. Include lean meats (red meat), whole grains, fresh fruits, and vegetables into your plates.

7. Listen to Your Body

While discipline is key in military training, it's equally important to recognise your limits. Overtraining may lead to fatigue, injuries, and unnecessary burnout. If you experience persistent pain or discomfort during your PT, take a break, seek medical advice and allow your body considerable time to heal.

8. Improve Flexibility and Balance

Adding yoga or pilates into your routine can enhance flexibility and balance, reducing the risk of injuries during physically demanding tasks. Stretching exercises also promote better posture and mobility.

9. Take Adequate Rest and Recovery

Healing yourself and recovery is important PT. Aim for a good sleep each night to allow your body to repair. Rest days are essential for preventing overtraining to ensure sustained performances.

10. Mental Fitness Matters

Physical training is incomplete without mental resilience. Practice mindfulness, meditation,

or breathing exercises (box breathing) to stay mentally sharp and focused, particularly in high-pressure situations.

Capt KVN Lakmali SLAGSC Army Headquarters



Poppy

THE SIGNIFIER OF THE REMEMBRANCE

In November Remembrance Day comes knocking the door with a band of red poppies. Every chest of a brave man pinned with the red paper poppies carrying the symbol of remembrance and gratitude. The poppies, the significant icon of the remembrance blooms in the month of November not anymore in the fields but in the hearts of humble generations who knows the price of the sacrifices.

The Poppy Flower

The poppy is a red and attractive flowering plant of the family Papaveraceae. Poppies are also known as herbaceous plants, which often grown for their colourful flowers in summer. The world of poppies connected with number of distinct varieties in the same family. However, in time the poppy has become a well-known and well-established symbol, which carries a wealth of pride and gratitude. Wearing a poppy is still a very personal choice, which reflects the individual experiences and personal memories.

However, unlike any other day, the poppy flower has become a powerful symbol of remembrance today, particularly in many countries. Although the tradition is new, its association with honouring soldiers who have fallen in wars is deeply rooted in history, literature, and tradition.

As a Symbol of Remembrance

The origin of the poppy as a symbol of remembrance traced back to the battlefields of World War I, particularly in Flanders, Belgium, and northern France. The region, known for its fertile soil experienced extensive resistance and became a landscape of destruction. Amid the devastation, bright red poppies began to bloom in the disturbed soil of the battlefields. These resilient flowers growing where soldiers had fallen, became a signified reminder of the loss and sacrifice of war then.

However, the association of the poppy with the remembrance was immortalised by Canadian physician Lieutenant Colonel John McCrae in his famous poem, "In Flanders Fields". He wrote the poem in 1915 after the death of his friend during the Second Battle of Ypres. However, the poem captured the sight of poppies growing among the graves of fallen soldiers. The opening lines, "In Flanders fields the poppies blow between the crosses, row on row," evoke the image of the fallen War Heroes and the enduring nature of their sacrifice vividly abiding the nostalgic sorrow.

During World Wars

After the war, the poppy has widely recognised as a symbol of remembrance in various armies and colonial settings. Inspired by McCrae's poem, Moina Michael, an American professor and humanitarian pledged her community to wear a red poppy as a symbol of remembrance for those who had fallen in the wars. She campaigned to make the poppy as a universal symbol, and her efforts subsequently compelled to the adoption of the flower in USA.

At the same time, a French national, Anna Guérin also promoted the poppy as a symbol of remembrance. She suggested that the sale of artificial poppies could

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raise funds for veterans and their families. Her initiative gradually spread to the United Kingdom where the Royal British Legion adopted the poppy as its official symbol of remembrance in 1921. The funds raised from the sale of poppies supported war veterans introducing a new tradition continue to this day.

As a result of the imperialism, the symbolism of poppy's spread within the colonies of United Kingdom making it as a recognised emblem in several Commonwealth countries, including Sri Lanka, India, Canada, Australia, and New Zealand. In these nations, the poppy is worn during remembrance ceremonies, particularly on Remembrance Day (November 11).

The Poppy in Modern-Day Armies

Today, the poppy remains a powerful symbol in many countries, especially those with a strong military history tied to World War I and II. Ex- Servicemen's Association (SLESA) in Sri Lanka continues its annual Poppy Appeal, selling millions of poppies each year to support veterans and their families. The funds collected provide essential services, including mental health support, housing assistance, and rehabilitation programmes.

On Remembrance Day, soldiers, veterans, and civilians wear the poppy to honour those who have fallen in battles or wars. In Sri Lanka, the National Service of Remembrance is held at the War Heroes' Cenotaph in Battaramulla every year, where people lay poppy wreaths in memory of fallen War Heroes.

Modern-day armies, however continue to uphold the tradition of the poppy. Soldiers often wear poppies on their uniforms as a mark of respect for those who served before them. It serves as a visual reminder of the unwavering sacrifices made and the importance of remembering those who lost their lives in the service of their country.

The Poppy Today

The poppy's meaning has evolved over the years, symbolising not only the memory of

World War I soldiers but also all those who have died in conflicts in any parts of the world. Today, the poppy is not merely a symbol of war but also a symbol of peace, hope, and resilience. The act of wearing a poppy is an expression of gratitude, patriotism and a reminder of the cost of war.

However, the poppy is not without controversy. Some argue that its widespread use in military ceremonies and its association with patriotism can overlook the complex nature of conflicts and the loss of civilian lives. However, amidst these debates, the red poppy remains still as a powerful and enduring symbol in modern societies. It's simple, striking image continues to serve as a reminder of the past, an honour to those who served for peace.

In Flanders Fields

In Flanders fields the poppies blow Between the crosses, row on row, That mark our place; and in the sky The larks, still bravely singing, fly Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

By John McCrae

Capt KVN Lakmali SLAGSC Army Headquarters

Charity Palmeard Palmeard

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

1. Troops Engage in Flood Relief Operations



Troops of the 5 (V) Gajaba Regiment carried out flood relief operations on 28 November 2024 in Horowpothana.

2. Troops Prevents Erosion at Godawaya Lagoon



The troops of 12 Infantry Division immediately responded and prevented the erosion of the Estuary Mouth of Godawaya Lagoon in Ambalantota on 28 and 29 November 2024.

3. Commandos Assists to Search Missing Body of a Young Man



Troops of Commando Regiment recovered the lifeless body of a young man who had been brutally murdered and disposed of in Mini World's End (Punchi Lokanthaya) on 01 October 2024.

4. Troops Restore Tank Bund



Troops of the 7 Sri Lanka Sinha Regiment (SLSR), restored the breached bund of the Poddakulam Tank in Nawatkulam.

5. New Home for a Deserving Family



Troops of 9 Sri Lanka Sinha Regiment (SLSR) constructed a new house for a needy family in Yatiyana and vested on 23 October 2024.

6. Basawakkulama Reservoir Cleaned



Troops of 4 Sri Lanka National Guard in collaboration with Regional Director Health Service Officers and Municipal Council Officers, conducted a Shramadana Campaign at Basawakkulama Reservoir, Anuradhapura on 30 September 2024.

7. Essential Food Items Distribution



Troops of 56 Infantry Division distributed dry ration packs and essential food items for low-income families representing all communities residing in Kokeliya area on 12 September 2024.

8. Shramadana Campaign at Tharmapuram Hospital



Troops of 553 Infantry Brigade conducted a shramadana campaign at Tharmapuram Hospital on 10 October 2024.

9. School Items Donation Programme



Troops of 11 Sri Lanka Light Infantry (SLLI) organised a school items donation programme on 9 October 2024 at Katpagachoolei Preschool in Waddu North, Jaffna





10. Bus Halt for Koholanwala



Troops of the Regimental Centre Special Force successfully completed the construction of a bus halt in Koholanwala area near A9 road on 09 October 2024.

11. Donations to Sathuta Children's Home



Troops of the Gajaba Regiment (GR) provided a nutritious lunch for children at Sathuta Children's Home in Saliyapura on 04 October 2024.

12. Cleaning Programme



Troops of the Special Forces organised a cleaning programme at the Buddhist Girls Child Development Centre in Matale on 07 October 2024.





National Karate Chamapionship 2024



The National Karate Championship – 2024 organised by the Sri Lanka Karate Do Federation from 17 to 18 October 2024 at Bandaragama indoor stadium with the participation of the athletes representing 31

sports clubs. The championship held under 35 different events. The Sri Lanka Army emerged victorious in the National Karate Championship – 2024 earning 28 gold medals, 26 silver medals, and 30 bronze medals marking the excellence. The Army team participated in the tournament under the supervision of Brigadier R D Sallay ndc, the Vice President of the Sri Lanka Army Karate Committee and Army Karate Pool.

Eagles Moηsooη Cup 2024



"The Eagles Monsoon Cup," - the annual golf tournament organised by the Sri Lanka Air Force successfully held on 28 and 29 September 2024 at the Eagle Golf Course in Trincomalee. During the competition Colonel E W R S B Ehelapola USP USACGSC from the Gajaba Regiment triumphed in the "Nearest to the Pin" contest among 65 competitors. Additionally, Major A N Tissa Kumara RSP of the Vijayabahu Infantry Regiment secured the runner-up position in the tournament.

Major General S A Kulatunge RWP RSP VSV USP psc, Major General U L J S Perera RSP USP psc, Colonel E W R S B Ehelapola USP USACGSC, Colonel A H R Hasantha RSP psc, and Major A N Tissa Kumara RSP participated in the event under the guidance of Major General A H L G Amarapala RWP RSP ndc psc, the president of the Army Golf Committee.

Cricket Tournament at 11 Infantry Division

A Cricket Tournament took place on 21 and 29 October 2024 at the 1 Sri Lanka Rifle Corps (SLRC) ground under the guidance of Major General K A U Kodithuwakku RSP USP psc IG, General Officer Commanding,11 Infantry Division. During the final match the 2 SLRC team emerged as champions pushing 642 Infantry Brigade to the runners-up position.



Army Inter-Regiment Muay Thai Championship

Army Muay Thai Committee organsied 'Army Inter-Regiment Muay Thai Championship held at the Army Boxing Indoor Stadium, Panagoda on 10 November 2024 with the participation of 167 players representing twelve regiments.



After a heavy tussle, the Vijayabahu Infantry Regiment emerged as champions in the men's category, securing 08 gold, 05 silver and 06 bronze medals claiming the title for the third consecutive year pushing the Gajaba Regiment to the runner-up position with 04 gold, 04 silver, and 08 bronze medals. Sri Lanka Army Electrical and Mechanical Engineers Regiment and the Sri Lanka Army Corps of Military Police won the third place.

In the meantime, the Sri Lanka Army Women's Corps claimed the victory in women's category.



Tier 'B' T20 Cricket Tournament 2024

The Tier 'B' T20 Cricket Tournament 2024 conducted by Sri Lanka Cricket Committee was held on 17 November 2024 at the Air Force Ground, Katunayake with the participation of 12 teams. In the first round, Army Sports Club (SC) competed with Moratuwa SC, Air Force SC, Malay SC, Kandy CC, and United Southern CC and secured the runner-up trophy. Corporal Chandraboose K G B was awarded as the best bowler during the tournament.

Army Inter-Regiment Kabaddi Championship · 2024

The Army Inter-Regiment Kabaddi Championship was held 22 November 2024 at the Army Physical Training School, Panagoda with the participation of players from 12 different regiments. The Corps of Engineer Services emerged as champions in the Novice Men's Team Championship pushing the Sri Lanka Electrical and Mechanical Engineers to the runner-up position. The Sri Lanka Army General Service Corps secured the second runner-up title.

Major General AM KGPS KAbeysinghe, Director General of Financial Management, Colonel Commandant of the Sri Lanka Army General Service Corps (SLAGSC), and Chairman of the Sri Lanka Army Kabaddi Committee, graced the occasion as the Chief Guest and participated in the awarding ceremony.

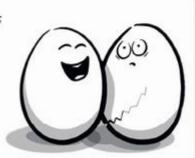






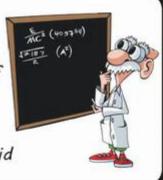
Why don't eggs tell jokes?

They'd crack each other up.



Did you hear about the mathematician who's afraid of negative numbers?

He'll stop at nothing to avoid them.



Sudoku Puzzle QUESTION

How to Play

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

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

BELLATOR





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RSP ndu, Commander of the Army and Mrs. Janaki Liyanage, the President of Army Seva Vanitha Unit (ASVU) formally vested a newly built house for the spouse of a fallen War Hero on 08 November 2024. Lions Clubs International (LCI) extended much required generosity for the house constructed Mrs. Chanchala for Chandani Haputhanthrie, spouse of deceased War Hero and her school-aged son resided in Indagolla Grama Niladhari Divison, Dompe. The project was launched in line with the 75th anniversary of the Sri Lanka Army. Mr. Saman Jinadasa of Lions Clubs International District 306 C1, and members of the Diyawanna Lions Club took part in the inauguration.

