



SEPTEMBER 2024 41<sup>st</sup> Issue

# BELLATOR

R A N A V I R U W A



## New President Sworn In

**His Excellency Anura Kumara Dissanayake was sworn in as the 9<sup>th</sup> Executive President of the Democratic Socialist Republic of Sri Lanka and Commander-in-Chief of the Armed Forces on 23 September 2024**

Untying knots, each tangled and  
Giving all a chance, in fairness and  
Clearing paths for futures shining  
A new era dawns, to lift the nation's

tight  
light  
bright  
sight

Captain KVN Lokmali







## New Defence Secretary Assumes the Office



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 was appointed as the new Secretary to the Ministry of Defence by His Excellency the President Anura Kumara Dissanayake. He assumed duties at the Defence Headquarters, Akuregoda on 23 September 2024.

Chief of Defence Staff together with tri forces Commanders including Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, attended the event. After assuming duties, the Defence Secretary held a special discussion with defence heads, including the Additional Secretaries of the Defence Ministry, the Chief of Defence Staff and the Tri-Forces Commanders.

## New Pagoda at Sapumalgaskada Viharaya Inaugurates



General Kamal Gunaratne (Retd) WWV RWP RSP USP ndc psc MPhil, Secretary to the Ministry of Defence, inaugurated the newly constructed pagoda at Sapumalgaskada Viharaya, Bogaswewa, Vavuniya, on 31 August 2024.

During the ceremony, the Secretary to the Ministry of Defence unveiled the pinnacle of the Sapumal Pagoda and 'Dana Salawa,' (alms



hall) amidst chanting of seth pirith by the Venerable Maha Sangha, led by Venerable Galgamuwe Shanthabodhi Nayaka Thero, Chief Incumbent of the Sapumalgaskada Viharaya.

Major General W P A D W Nanayakkara RSP VSV USP ndu, Commandant, Sri Lanka Army Volunteer Force (SLAVF), Major General J P C Peiris RWP RSP ndc, Commander Security Forces (Wanni), and Major General S Kasturimudali RSP ndc psc, General Officer Commanding, 56 Infantry Division, Officers, Other Ranks, members of Bosath Paramitha Padanama and Sasunketha Aswaddamu organisations and other pilgrims participated in the event.





## Inspection Visit at Sandahiru Seya

General Kamal Gunaratne (Retd) WWV RWP RSP USP ndc psc MPhil, Secretary to the Ministry of Defence, conducted an inspection visit to the "Sandahiru Seya" on 31 August 2024. The visit focused to review the construction work and provide necessary instructions.

Major General W P A D W Nanayakkara RSP VSV USP ndu, Commandant of the Sri Lanka Army Volunteer Force (SLAVF), Major General J P C



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Peiris RWP RSP ndc, Commander, Security Forces (Wanni), Major General D P Welagedara RSP USP psc IG, Military Liaison Officer of Ministry of Defence and Senior Officers from Sandahiru Seya Project, were also present during the visit.

## Commander of the Army Commends Para Athlete for Exceptional Achievement



Warrant Officer II Dulan KAS of the Sri Lanka Corps of Military Police achieved a remarkable victory at the Paris Paralympics held on 02 September 2024. In the men's F44 javelin throw event, he won a silver medal with a record-breaking throw of 67.03 meters, setting a new world record in his category.

In recognition of this outstanding achievement, the Commander of the Army extended his congratulations inviting him to the Office of the Commander of the Army on 10 September 2024 - the same day Warrant Officer II Dulan KAS arrived in Sri Lanka. During the meeting, Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, expressing his deep admiration for his exceptional performance, stated that Warrant Officer II Dulan K A S has set a great example to be followed by all sportsmen and sportswomen.

Further, the Commander of the Army presented him with special memento and financial incentives and also presented a special memento for Coach, Mr. Pradeep Nishantha for his accurate guidance. Brigadier L K T Fernando RSP USP, Director Sports and Brigadier H M S I Senarath, Centre Commandant, Sri Lanka Corps of Military Police were present at the event.





## 13<sup>th</sup> Defence Services Games Begin

The opening ceremony of the 13<sup>th</sup> Defence Services Games took place on 12 September 2024 at the Indoor Stadium, Army Physical Training School, Panagoda, under the patronage of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army and President of the Defence Services Sports Board. Commander of the Navy, Commander of the Air Force and Vice Presidents of the Defence Services Sports Board also graced the occasion.

Commander of the Army officially declared the 13<sup>th</sup> Defence Services Games open, after lighting the Defence Services Games torch by three athletes representing the Tri-Forces. A highlight of the ceremony was the introduction of the official mascot, 'Sinha Thor,' adding a special touch to the event.

Sri Lanka Army organised the event under the directions and supervision of the Commander of the Army with the sponsorship of Sri Lanka Army. Sri Lanka Navy and Air Force extends their assistance for the success of the event. The tournament will run until October 2025, with the participation of more than 4,000 athletes from the Army, Navy and Air Force, under 39 sporting events.

Throughout history, Tri-Forces athletes who have qualified through Defence Services Games have brought numerous international medals to Sri Lanka. The opening ceremony was attended by the Chairpersons of sports committees, the Secretary of the Defence Services Sports Board, Defence Services Sports Board Officers, and other sports personnel representing the Tri-Forces participated in the event.







## New Welfare Facility Complex Declares Open at Sri Lanka Army Volunteer Force

Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Sri Lanka Army, ceremoniously inaugurated the newly established Welfare Facility Complex at the Sri Lanka Army Volunteer Force (SLAVF) Headquarters on 11 September 2024. The state-of-the-art complex situated within the Headquarters premises was officially opened at the invitation of Major General W P A D W Nanayakkara RSP VSV USP ndu, Commandant of the SLAVF.

The modern facility includes a fully-equipped food city and cafeteria, offering essential goods and services to military personnel at concessionary prices. Troops of 10 Corps of Engineer Services contributed their manpower and technical expertise to raise this welfare initiative within the allocated duration.

The unveiling of the plaque by the Commander of the Army amidst the sacred pirith chanting marked the formal opening of the state-of-art complex. Following the unveiling, the Commander of the Army inspected the facility and its services.

Subsequently, addressing the troops, the Commander of the Army highlighted the Army's unwavering commitment to enhance the welfare of soldiers to improve living and working conditions of its service members.

The inauguration ceremony was attended by a number of Senior Officers, including Major General E M M Fernando Hdmc Lsc AATO, Commander of the Headquarters Logistics Command, Officers and Other Ranks of SLAVF.







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In the month of reading,  
books penned philosophical  
debates scatter like fallen  
leaves.

Yet nothing brings more  
pleasure than the pages of  
a book, where letters speak  
the stories of courage.

Amidst the crowd, some  
bade farewell, creating  
space for others to write in  
peace.

Though new themes are  
inked, the tales of those who  
sacrificed remain seldom  
told.

War is not the roar of  
gunfire, and the Army is not  
simply the power.

To find the meaning of their  
lives, read the stories of  
their gallantry and selfless  
sacrifices.

# BMICH

## International Book Fair 2024

### Military Literature Stall at Colombo

**T**he Sri Lanka Army's inaugural "Military Literature" stall in paralleled to the Colombo International Book Fair 2024, hosted at the Bandaranaike Memorial International Conference Hall (BMICH), met with overwhelming public interest with the ques of visitors. This maiden endeavour, taken under the direct supervision of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, with the coordination assistance of Director General of Media and Psychological Operations, provided a unique platform for attendees to discover the military literature. The Commander of Army's primary objective behind this venture was to foster a positive environment for aspiring Army authors sharing the untold truth and experiences of battlefield to the wider audience in the society. The stall illustrated the collective works of both active and retired military personnel, creating a platform for literary exploration and engagement on Sri Lankan Military Literature creating a different genre of literature.





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## A Historic Literary Masterpiece Unveiled at Nelum Pokuna

'Rajali Sandeshaya', the longest Kavya Sandesha (Anthology of Poems) which comprised of impressive 2,579 poems was launched on 06 September 2024 at the Nelum Pokuna Theatre. The 'Rajali Sandeshaya' offers a profound reflection on Sri Lanka's protracted struggle against LTTE terrorism interweaving both historical narratives and personal experiences of the author as a military veteran, providing a poignant account of the wartime experiences including exceptional sacrifices made by War Heroes to safeguard its sovereignty.

The event was graced by the Former President Mahinda Rajapaksa, former Speaker of Parliament Karu Jayasuriya, Mrs. Lali Kobbekaduwa, spouse of Late Lieutenant General Denzil Kobbekaduwa, and Mrs. Manel Wimalaratne, spouse of Late Major General Vijaya Wimalaratne. As a mark of honour copies of the book were presented to the distinguished guests and disabled War Heroes from 'Abimansala,' further emphasising the dedication of the War Heroes.

Professor Praneeth Abeyesundara and Venerable Induragare Dhammarathana Thero, delivered the keynote addresses highlighting the literal and cultural significance of Rajali Sandeshaya while appreciating the efforts as a tribute to the resilience of the nation and its people during one of the darkest periods in recent history.

Rajali Sandeshaya is more than a collection of poems conveying a powerful homage to the brave souls who valiantly stood against terrorism. The verses in the literal masterpiece also serve as a reminder of the untold suffering endured by civilians caught in the relentless war. The author's firsthand experiences included in the poems with emotional depth providing readers a comprehensive glimpse of war highlighting the immeasurable sacrifices made to defend the nation's integrity.

The book launch attracted a distinguished and diverse audience, including members of the Venerable Maha Sanga, General Shavendra Silva WWV RWP RSP VSV USP ndc psc MPhil, Chief of Defence Staff, and his spouse Mrs. Sujeewa Nelson, Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, and Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit, alongside a host of academics, artists, and other eminent personalities.







## CISM Delegation Meets Army Commander

A delegation from the International Military Sports Council (CISM), including Colonel Clayton Ricardo Pontes, (Strategy and General Affairs Director), and Major Daniel Laffaratta Cardoso, (Protocol and Events Manager) from the Brazilian Army, paid a courtesy call on Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army and President of the Defence Services Sports Board (DSSB), on 05 September 2024.

The 80<sup>th</sup> CISM Annual General Assembly, scheduled for May 2025 in Sri Lanka, will be organised by the Sri Lanka Army. Both parties emphasised the importance of early preparations to ensure the event's success. Brigadier L K T Fernando RSP USP, Director Sports also participated in the event.

## 14<sup>th</sup> Colonel of the Regiment of Gajaba Regiment Assumes Duties



Major General M G W W W M C B Wickramasinghe RWP RSP ndu psc, assumed his office as the 14<sup>th</sup> Colonel of the Regiment of the Gajaba Regiment on 26 September 2024 at the Gajaba Regimental Centre, Saliyapura.



The Commander of the Army and Colonel of the Regiment of the Gajaba Regiment, Lieutenant General H L V M Liyanage RWP RSP ndu, symbolically handed over the replica of the Baton which signify the relinquishment of the office to the new Colonel of the Regiment of the Gajaba Regiment.





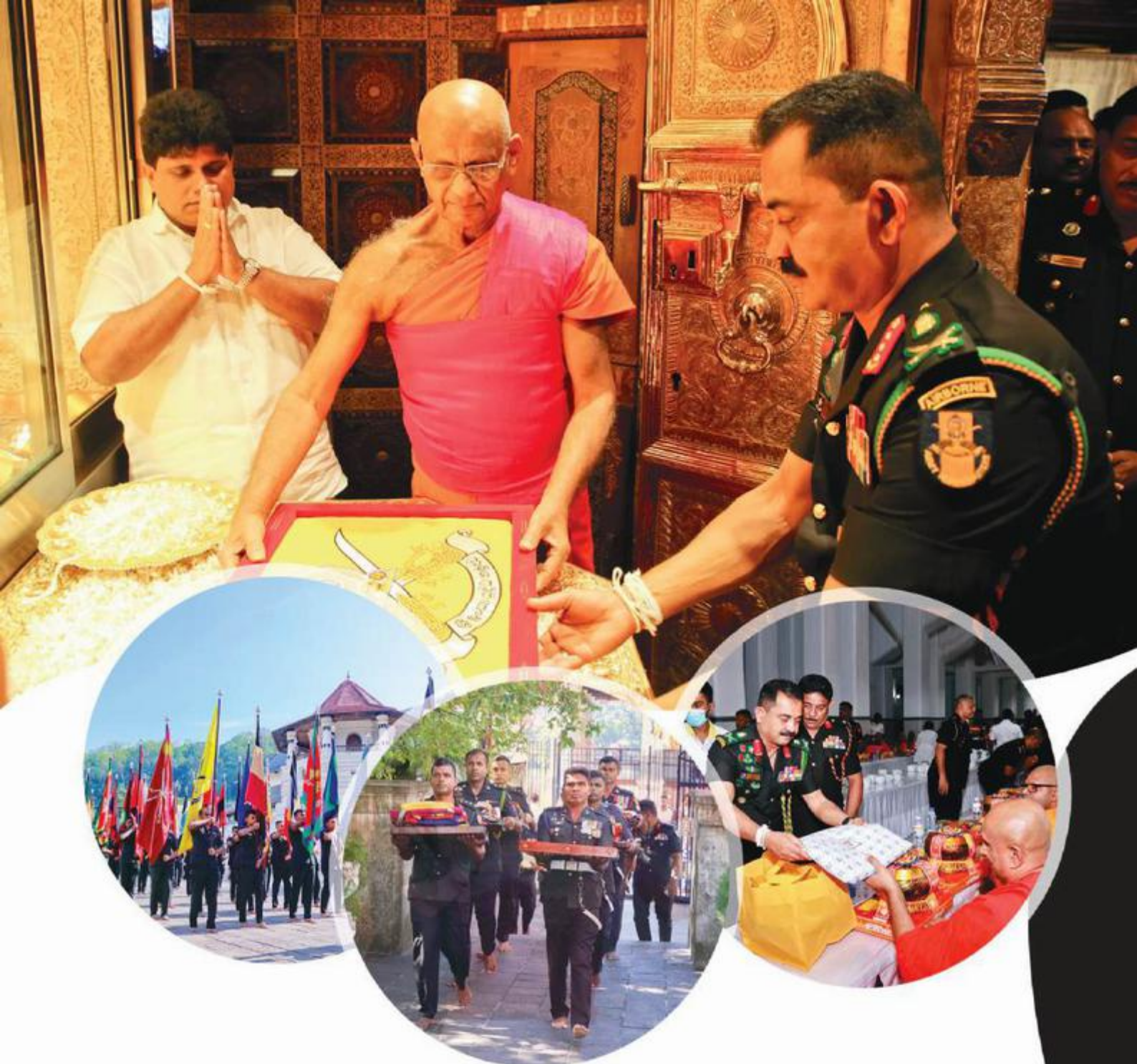
## Flag Blessings at Anuradhapura Jaya Sri Maha Bodhi

A flag blessing ceremony in line with the Army Day (10 October) and its 75<sup>th</sup> Anniversary celebrations was held with the gracious participation of Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army at the most sacred Anuradhapura Jaya Sri Maha Bodhiya on 27 September 2024. Most Venerable Dr. Pallegama Hemarathna Nayaka Thero, Chief Incumbent for all eight places of worship (Atamasthandhipathi) at the 'Sanghawasaya' (residential monastery) led the religious observances and rites. Subsequently, the Commander of the Army inaugurated the newly constructed guard booth for security checks in the premises. The Bank of Ceylon extended the financial genericity while troops extended their manpower the technical expertise for the construction.

Later, the traditional procession consisted of the soldiers carrying the colourful Army-flags representing various Army formations of the Sri Lanka Army began to voyage to 'Udamaluwa' to invoke the noble blessings from Venerable Maha Sangha amidst the rhythmic beats of 'Hevisi' and 'Magul Bera'.

Members of the Maha Sangha chanted 'Seth Pirith' and sprinkled jasmine water around the sacred Bodhi tree, and invoked blessings on the Army flags. Later, the Commander of the Army handed over the keys of the newly constructed homes among eight beneficiary families. In line with the 75<sup>th</sup> Anniversary, troops of the Sri Lanka Army completed the project under the conceptual layout of the Commander of the Army with coordination of the Security Force Headquarters (Wanni).





## Blessing Invoked for Army Flags at Sri Dalada Maligawa

The second Buddhist religious ceremony in a series to religious celebrations in line with the 75<sup>th</sup> Army anniversary (October 10) took place at the Sri Dalada Maligawa (Temple of the Tooth) in Kandy on 28 September 2024. Lieutenant General H L V M Liyanage RWP RSP ndu, Commander of the Army, graced the occasion in the Maligawa premises. The Commander of the Army, Officers and Other Ranks, gracefully and respectfully joined the procession holding the respective flags of Sri Lanka Army Volunteer Force, all Security Force Headquarters, Forward Maintenance Areas, Divisions, Brigades, all Regiments and Training Centres located island wide.

After the religious observances, representative Senior Officers participated in accepting the flags. The Commander of the Army presented a cash donation to Mr. Pradeep Nilanga Dela Bandara, Diyawadana Nilame, Chief Custodian of Temple of Tooth for the further developments of the sacred premises.

The Chief of Staff, Deputy Chief of Staff, Commandant of the Sri Lanka Army Volunteer Force, Principal Staff Officers, Commanders of Security Forces, Directors, Senior Officers, Officers, and Other Ranks attended the ceremony.





## A Visit to 'Abhimansala - I'

In line with the Army Anniversary, Lieutenant General H L V M Liyanage RWP RSP ndu, the Commander of the Army, together with Mrs. Janaki Liyanage, President of the Army Seva Vanitha Unit (ASVU), visited the 'Abhimansala - I' wellness resort in Anuradhapura. The visit aimed to inquire the well-being of the differently-abled War Heroes who courageously faced the adversary to defend the nation from the terrorism. These heroes are currently undergoing rehabilitation and receiving long-term medical treatments at 'Abhimansala - I'.

The Commander of the Army was warmly welcomed to the 'Abhimansala - I' premises by Brigadier K D U Karunaratna RSP USP, the Commandant of 'Abhimansala - I'.

After sharing the thoughts with the War Heroes, the Commander of the Army extended gift parcels included with essentials for each differently-abled War Heroes. Then, the Commander of the Army and the dignitaries enjoyed the lunch together with differently-abled War Heroes.





## New Welfare Facility Inaugurates

Lieutenant General H L V M Liyanage RSP ndu, Commander of the Army, ceremonially inaugurated the newly constructed Welfare Facility Complex at the Sri Lanka Light Infantry (SLLI) Regiment Centre gracing the occasion at the invitation of Major General G M N Perera RWP RSP USP ndc, Commander, Security Forces (Central) on 29 September 2024 .

This modern facility named "Bugler's Den" provides number of services to enhance the troops welfare. The facility consists of a supermarket, cafeteria, salon, publication center, tailor shop, and dedicated spaces for birthday parties and karaoke for concessionary prices. Troops of 1<sup>st</sup> Engineer Services Regiment and Sri Lanka Light Infantry extended the manpower and technical expertise for the constructions.





## New Chief of Staff Assumes the Office



Major General W P A D W Nanayakkara RSP VSV USP ndu of the Sri Lanka Sinha Regiment (SLSR) assumed office as the 65<sup>th</sup> Chief of Staff of the Sri Lanka Army at the Army Headquarters on 16 September 2024. Prior to this appointment the Senior Officer served as the Commandant of the Sri Lanka Army Volunteer Force (SLAVF). Further, he is also the Colonel of the Regiment, Sri Lanka Sinha Regiment.

Major General W P A D W Nanayakkara RSP VSV USP ndu joined the Regular Force of the Sri Lanka Army as an Officer Cadet on 20 January 1989, enrolling in Intake 31 at the Sri Lanka Military Academy, Diyatalawa. He completed his basic military training at the Indian Military Academy, and was commissioned as a Second Lieutenant on 05 October 1990 and posted to the Sri Lanka Sinha Regiment. Over his 35-year career, he has gained extensive experience and skills from various command, staff, and instructional appointments.

The Senior Officer has attended numerous local and international courses of academic and professional value, and also a graduate of the National Defence University of Indonesia. Further, he is recognised for his bravery and eminent service on the battlefield during the humanitarian operation.

## New Commandant of the SLAVF Assumes the Office



Major General B K G M L Rodrigo RSP psc IG, assumed duties as the 57<sup>th</sup> successor in the office of the Commandant of the Sri Lanka Army Volunteer Force (SLAVF) on 18 September 2024 at the Headquarters of the Volunteer Force amidst formal military traditions and customs. The new Commandant of the SLAVF amidst the formal military greetings paid his tribute laying a floral wreath at the monument of late Captain Saliya Aladeniya PWV remembering the fallen War Heroes.

Major General B K G M L Rodrigo RSP psc IG, joined the Regular Force of the Sri Lanka Army as an Officer Cadet on 20 January 1989, enrolling in Intake 31 at the Sri Lanka Military Academy, Diyatalawa and completed his basic military training at the Indian Military Academy. He was commissioned as a Second Lieutenant on 05 October 1990 and posted to the Sri Lanka Artillery and held a various appointment in command, staff, and instructor. The Senior Officer who followed numerous local and international courses is served much of his tenure in North and East operational during the humanitarian operation.



## Flag Blessing Ceremony at Kataragama Kirivehera



The flag blessing ceremony to invoke the blessings to the Sri Lanka Army Flags in line with the 75<sup>th</sup> Anniversary of the Sri Lanka Army on 10 October was successfully held on 30 September 2024 at the sacred Kataragama Kirivehera and Devala premises. The religious observances were held under the patronage of Major General W P A D W Nanayakkara RSP VSV USP ndu, Chief of Staff of the Sri Lanka Army. During the occasion, the Chief of Staff of the Sri Lanka Army presented a financial donation to the Venerable Kobawaka Damminda Thero, Chief Incumbent of Historic Kirivehera Viharaya for the development of the sacred site. After the incumbent monk, along with members of the Maha Sangha, performed religious rites, the Chief of Staff participated in the lighting of thousands of coconut oil lamps around the premises. Following this, he offered Pirikara and Gilanpasa to the members of the Maha Sangha. A Special Pooja was then offered at the Mahasen Devalaya before colorful flag-bearers lined up once more to proceed to the Kataragama Devalaya for further religious observances.



Commander, Security Forces (West), Commander, Security Forces (Central), Adjutant General of the Sri Lanka Army, the Commandant of the Army War College, General Officer Commanding of the 12 Infantry Division, Senior Officers, Officers and Other Ranks attended the ceremony.

## A New House from 20 SLSR



Troops of 20<sup>th</sup> Battalion the Sri Lanka Sinha Regiment (SLSR) constructed a new house for a deserving family in Gothameegama, Kataragama. Accordingly, Major General W P A D W Nanayakkara RSP VSV USP ndu, the Chief of Staff of the Sri Lanka Army warmed the newly constructed house for the beneficiary on 30 September 2024.

Mr. Shon Vandort from Colombo extended much required financial generosity for the successful completion of the house in line with the 75<sup>th</sup> Anniversary of the Sri Lanka Army. The project was implemented under the guidance of the General Officer Commanding of the 12 Infantry Division, with supervision from the Commander of the 121 Infantry Brigade. Troops of 20 SLSR completed the project under the directions of the Commanding Officer of 20 SLSR. The Chief of Staff also handed over essential furniture items to the family before the culmination of the event.







## Commander 1 Corps Visits His AOR



Major General P G P S Rathnayaka RWP RSP ndc, Commander, 1 Corps made his official visits to the Special Force Brigade, 581 Infantry Brigade, 2 and 3 Commando Regiments, and 5<sup>th</sup> Battalion Vijayabahu Infantry Regiment from 09 - 11 September 2024.

During the visit, Brigade Commanders and Commanding Officers of the units briefed the Commander, 1 Corps on responsibilities and duties, troops deployment in the Area of Responsibility. After joining the All Ranks tea, Commander, 1 Corps addressed the troops.



## Recruit Training Course No. 101 Successfully Held



The passing out parade of Recruit Training Course No. 101 took place on 30 August 2024 at the Recruit Training School in Puttalam. Major General C A Rajapaksha RSP, the General Officer Commanding, 58 Infantry Division graced the occasion as the Chief Guest. 80 recruits, who successfully completed a six-month basic training course passed out during the Passing Out Parade. Senior Officers, Officers and Other Ranks, parents and relatives witnessed the parade.



## Security Force Headquarters (Wanni) Commander's Challenge Trophy - 2024

"Security Force Headquarters (Wanni) Commander's Challenge Trophy - 2024" was successfully held at the Municipal Council Ground in Mannar on 07 September 2024 under the patronage of Major General J P C Peiris RWP RSP ndc, Commander Security Forces (Wanni). The event was organised following the conceptual layout of Major General R P A P Rajapaksha RSP, the General Officer Commanding, 54 Infantry Division to sustain a thriven togetherness in between Mannar communities.

In line with the event, the prize giving for the winners of band competition among the schools of Mannar district took place at the premises. A donation of sixty gift packs for selected school children in the area and sixty dry ration packs for the selected families of the area also took place during the same event. The generosity for the gifts packs for school children was provided by Mr. Clive of Bata Pvt Ltd, and Mr. Prasad Lokubalasooriya. Meanwhile, Major Birty Perera (Retd) extended his financial generosity for dry ration packs distributed among the civilians.

The Mannar Falcons emerged as the champions of the cricket encounter while Mannar St. Servatius Boys School emerged champions of the band competition. Marking the formal conclusion of the event, the troops of 56 Infantry Division provided lunch treat for 600 civilians and school children. Simultaneously, newly constructed RO (Reverse Osmosis) plant to provide purified water for the people of Selvari area in the 543 Infantry Brigade Area of Responsibility was also inaugurated. The General Officer Commanding, 54 Infantry Division vested the RO plant which was constructed based on the financial assistance of Shraddha TV. Troops of 11 Sri Lanka Artillery extended the technical and manpower for the construction.



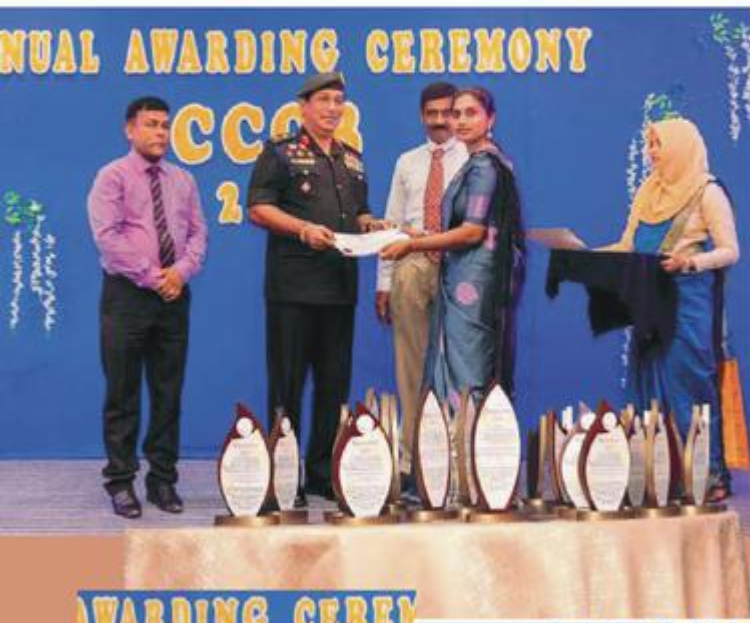
## Security Forces (Wanni) Troops Promotes the Cinnamon Cultivation in Vavuniya

Following the conceptual layout of Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni), troops of 56 Infantry Division organised a cinnamon cultivation at Parasankulam in the Northern Vavuniya on 04 August 2024. 6392 cinnamon saplings were distributed by the Commander, Security Forces (Wanni) among 54 low income families in the area with the aim of upgrading their economy. General Officer Commanding, 56 Infantry Division, Deputy General Officer Commanding, 56 Infantry Division, Commander, 561 Infantry Brigade, Officers and Other Ranks participated in the event.





## Certificate Awarding Ceremony for Sinhala Language Diploma Held in Batticaloa



The Certificate Awarding Ceremony for the Diploma in Sinhala Language, organised by the Civil Citizen Council of Batticaloa was held on 31 August 2024, at Nithis Hall, Sandiweli. The event was graced by Major General S A Kulatunge RWP RSP VSV USP psc, Commander of Security Forces (East), who attended as the Chief Guest and awarded the certificates among 350 graduating students.

During his address, Major General S A Kulatunge RWP RSP VSV USP psc, underscored the crucial role of language proficiency in fostering reconciliation and unity among diverse communities. He commended the civil community in Batticaloa for their keen interest in pursuing the Sinhala language, recognising it as an important step towards strengthening mutual understanding and harmony.

The ceremony was enriched with cultural performances and lectures, adding vibrant cultural significance to the occasion. Mr. H M Anver – Chief Instructor of the course conducted the lectures.

In addition to the Chief Guest, the event was attended by several distinguished guests, including Major General W P Kariyawasam, General Officer Commanding, 23 Infantry Division, and Major S P I H Senanayake psc Lsc, Commanding Officer, 4<sup>th</sup> Gemunu Watch. Chairperson Mr. T Thirunawukkasu, along with parents, students, also took part in the event.



The troops of the 11 Sri Lanka National Guard (SLNG) have successfully constructed a new house for a deserving family in Madawalalanda, Ampara. This humanitarian initiative was undertaken under the guidance of the General Officer Commanding, 24 Infantry Division, and the supervision of the Commander of the 241 Infantry Brigade. Major H P C Hettiarachchi, Commanding Officer, 11 SLNG executed the project.

Major General S A Kulatunge RWP RSP VSV USP psc, graced occasion and handed over the house as the Chief Guest, presenting the keys to the beneficiary family.

## 11 SLNG Constructs New Home for Needy Family in Ampara



Further, 241 Infantry Brigade distributed maternity aid among 32 pregnant mothers from low-income families in the Damana area on the same day. Hemas Holdings PLC sponsored the project.



## Major General A H L G Amarapala RWP RSP ndc psc Receives his Fifth International Award

"Sri Lanka Best Employer Brand Awards & Sri Lanka Leadership Awards 2024" was successfully held at Taj Samudra, Colombo on 05 September 2024 and Major General A H L G Amarapala RWP RSP ndc psc, the Commander, Security Forces (West) and Colonel Commandant of Corps of Sri Lanka Engineers, was honoured with the most prestigious 'Lifetime Achievement Award 2024'.

He was honoured with the 'Lifetime Achievement Award' by the World HRD Congress and CMO Asia for his distinguished career in Human Resource.



## Foundation Stone Laid for Warrant Officers' and Sergeants' Mess



Marking a significant milestone for the SLE Regimental Centre, the Commander, Security Forces (West) and Colonel Commandant of the Corps of Sri Lanka Engineers Major General A H L G Amarapala RWP RSP ndc psc, officially laid the foundation stone for the new two-storey accommodation building at the Regimental Warrant Officers' and Sergeants' Mess premises amidst religious observances. The ceremony marks the beginning of the project designed to enhance living facilities for the Warrant Officers and Senior Non commissioned Officers of the Regimental Centre and 1 Field Engineer Regiment. Officers and Other Ranks were present at the occasion.





**BELLATOR**

## The Commander of Security Forces (Central) Visits 11 & 12 Infantry Divisions

Major General G M N Perera RWP RSP USP ndc, the Commander, Security Forces (Central) made his official visit to the 11 and 12 Infantry Division on 24 September 2024. During the visit, the Commander, Security Forces (Central) inspected the security status of the divisions, the tasks and responsibilities of the troops, welfare requirements of the troops and other related matters and addressed the troops. Major General K A U Kodithuwakku RSP USP psc IG, General Officer Commanding, 11 Infantry Division and Major General P K W W M J S P W Pallekumbura RWP RSP ndu psc, General Officer Commanding, 12 Infantry Division, Officers and Other Ranks participated in the event.



## A Cleaning Programme at Provincial Ayurvedic Hospital, Diyatalawa



In conjunction with the 75<sup>th</sup> Anniversary of the Sri Lanka Army, a cleaning programme was held at the Provincial Ayurvedic Hospital in Diyatalawa on 27 September 2024. Troops of 17 Engineer Service Regiment, participated in the programme under the guidance of Major General G M N Perera RWP RSP USP ndc, Commander of Security Forces (Central).



## Basic Swimming Course No. 21 Concludes Successfully



The Basic Swimming Course No. 21 was held till 09 September 2024 at the Security Force Headquarters (Wanni) swimming pool with the participation of 36 Other Ranks representing all formations located in the Security Force Headquarters (Wanni) Area of Responsibility. The event successfully concluded on 09 September 2024. S/166924 Gunner Ariyawansa D G M S of 11<sup>th</sup> Sri Lanka Artillery was awarded as the Best Student of the course. Additionally, the Water Safety and Cardio-Pulmonary Resuscitation (CPR) training was awarded for all Other Ranks of the course. Major General W M S C K Wanasinghe RSP USP, the General Officer Commanding, 21 Infantry Division graced the occasion as the Chief Guest.

## Cyber Security Awareness Lecture at 541 Infantry Brigade



An educative lecture on Cyber Security awareness was successfully held on 28 August 2024 for all Officers and Other Ranks serving at 541 Infantry Brigade. The session included the irregularities occurred while using the social media and internet including the difficulties caused due to the misuse of the modern media. Lieutenant M A T Dilhara, Signal Officer of the 54 Infantry Division conducted the session following the directions of Brigadier B Y C Fernando RWP USP, Commander, 541 Infantry Brigade.

## School Accessories Distributed among School Students at Kalliaddi



A programme to distribute school accessories and lunch treat was held MN/Kalliaddi Government Tamil School on 09 September 2024. Officers and Other Ranks of 541 Infantry Brigade joined this community project following the directions and guidance of Brigadier B Y C Fernando RWP USP, Commandeer, 541 Infantry Brigade. Miss. R M T D K Rathnayake extended much required financial generosity for the project.





## 53 Infantry Division Marks its 29<sup>th</sup> Anniversary

The 53 Infantry Division commemorated its 29<sup>th</sup> anniversary on 24 August 2024 at the Division Headquarters with the participation of All Ranks of the 53 Infantry Division. The troops of 53 Infantry Division initiated the anniversary with Guard Turnout, All Ranks lunch and musical event. Further, the General Officer Commanding's Challenge Cricket Tournament was held from 18 to 23 August 2024. In a thrilling final, the 19 Sri Lanka Light Infantry emerged victorious securing the championship.



## Method of Instructions Course No. 75 Concludes at CTS – Ampara



The Method of Instructions (MOI) Course No. 75 successfully concluded at the Combat Training School (CTS), Ampara on 29 August 2024. 188 Other Ranks representing various Regiments of the Sri Lanka Army participated in the MOI Course No. 75. Colonel P I Punchihewa, the Commanding Officer of CTS, graced the certificate-awarding ceremony as the Chief Guest and delivered the closing remarks. Corporal Liyanage D K of 7 Sri Lanka Women's Corps was honoured as the Best Student of the course.



## Pinning New Identification Badges



The Commander of the Army has granted the approval for the newly designed badge for Sri Lanka Rifle Corps and Sri Lanka Army Pioneer Corps, as there had been no badge to recognise the Officers/ Other Ranks.

Accordingly, new badges introducing ceremony was held at 1 Sri Lanka Rifle Corps under the patronage of Major General W G P Sisira Kumara RSP, the Deputy Commandant of the Sri Lanka Army Volunteer Force on 09 August 2024.

## GOC, 57 Infantry Division Visits to 143 Infantry Brigade



Major General W M P M Wijesooriya RWP RSP ndu, the General Officer Commanding (GOC), 57 Infantry Division visited 143 Infantry Brigade on 20 August 2024. The Commander, 143 Infantry Brigade made aware the GOC of 57 Infantry Division on deployment and operational readiness of 143 Infantry Brigade and then, the GOC, 57 Infantry Division inspected the administration and related matters of the brigade. Further, the GOC, 57 Infantry Division inspected B Company of 16 Gajaba Regiment located in Eluwankulama.

## New Sanghawasa Building from Troops of 10 (V) ESR



The newly constructed Sanghawasa Building at Sri Rathnarama Rajamaha Viharaya, Lunugamwehera, by troops of the 10 (V) Engineer Services Regiment (ESR) was vested for the Venerable Maha Sangha on 13 September 2024. The Commanding Officer with Officers and Other Ranks of the 10 (V) ESR attended the event.



## 54 Infantry Division Celebrates its 14<sup>th</sup> Anniversary



The 54 Infantry Division celebrated its 14<sup>th</sup> anniversary at the Division Headquarters under the patronage of Major General R P A R P Rajapaksa RSP, the General Officer Commanding (GOC), 54 Infantry Division on 10 September 2024. In line with the 14<sup>th</sup> anniversary, a series of religious activities was organised. Accordingly, a Bodhi Pooja ceremony was held at the "Manu Vehera" temple. Hindu religious rites took place at Thirukethiswaram Kovil in Mannar, Christian religious rites took place at Church Mannar and Islamic religious prayers were held at Mosque in Mannar. Volleyball, Cricket, and Tug-of-War tournaments were also organised as a part of the anniversary celebrations and 8 Vijayabahu Infantry Regiment emerged as champions of the Cricket match while 4 Vijayabahu Infantry Regiment emerged as champions in both the Volleyball and the Tug-of-War competition. A musical show was held at Areana playground at Mathota. Guard Turnout, Troop address by the GOC, 54 Infantry Division and All Ranks lunch were also included in the anniversary agenda.

### Leadership Training Programme at Koknahara Maha Vidyalaya



A leadership training programme was conducted for 78 students of Koknahara Maha Vidyalaya, Ampara on 26 September 2024 under the guidance of Major General W L A C Perera RWP RSP USP, the General Officer Commanding, 24 Infantry Division. The programme aimed to empower young minds with essential skills, values, and perspectives crucial for effective leadership in today's dynamic world.

## 212 Infantry Brigade Celebrates its 13<sup>th</sup> Anniversary

The proud anniversary of the 212 Infantry Brigade was celebrated under the patronage of Brigadier R M C Rathnayaka RWP RSP USP, Commander, 212 Infantry Brigade on 15 August 2024 at the 212 Infantry Brigade Headquarters with the participation of Officers and Other Ranks.







## Young Officers' Course No. 49 Successfully Concluded

The graduation ceremony of Sri Lanka Artillery Young Officers Course - 49 conducted from 12 June 2024 to 14 September 2024 at the School of Artillery, Minneriya was successfully held on 14 September 2024. Major General C S Munasinghe WWV RWP RSP USP ndc psc IG, the Adjutant General of Sri Lanka Army graced the occasion as the Chief Guest. Senior Officers of the Sri Lanka Artillery including Commander of the Artillery Brigade and Commandant, School of Artillery joined the event. Captain J P C Singhawansa of 7<sup>th</sup> Light Regiment Sri Lanka Artillery was awarded as the "Silver Gunner" based on best overall performances in the course.



## Unit Visits



Major General D R N Hettiarachchi RWP RSP USP, General Officer Commanding (GOC), 59 Infantry Division visited the 592 Infantry Brigade on 30 September 2024. The GOC, 59 Infantry Division who visited amidst the warm welcome of Brigadier P G C S Hallage RWP RSP, Commander, 592 Infantry Brigade also addressed the troops during his visit. The Commanding Officers of 5 (V) Sri Lanka Sinha Regiment and 14 (V) Gemunu Watch briefed their responsibilities and their duties to the GOC, 59 Infantry Division. Then the GOC, 59 Infantry Division inspected 5 (V) Sri Lanka Sinha Regiment Area of Responsibility and distributed furniture to selected deserving families in the area.



## Unit Visit of Colonel Commandant

Major General A M K G P S K Abeysinghe, the Director General of the Directorate of Financial Management and Colonel Commandant of Sri Lanka Army General Service Corps (SLAGSC) engaged in an inspection visit to SLAGSC Field School, 1 and 2 (V) Sri Lanka Army General Service Corps (SLAGSC). The troops extended a warm reception to their Colonel Commandant with military formalities. Addressing the troops, Colonel Commandant, SLAGSC highlighted the importance of obtaining accurate instructions, developing quality of instructors and continuous training on agriculture during his troop address.





## Brigadier N H Malsinghe RWP RSP USAWC psc Marked a Milestone in US Army War College



**B**rigadier N H Malsinghe RWP RSP USAWC psc, Director of the Directorate of Staff Duties, attained an exceptional Grade Point Average 3.79 at United States Army War College (USAWC) demonstrating outstanding academic proficiency across all subjects in a demanding and rigorous programme. The Senior Officer has outperformed majority of native Officers and other undergraduates from 74 nations across the world. Also, Brigadier N H Malsinghe RWP RSP USAWC psc, excelled in strategic leadership, theories of war and strategy, national security policy and strategy, military strategy and planning, military campaigning, regional studies, international affairs, peace operations, and future concepts as well as joint land, air and sea strategic studies. His research was notably nominated for a prestigious writing award, distinguishing him among over 400 students.

The Commandant of the United States Army War College further recognised Brigadier N H Malsinghe RWP RSP USAWC psc, exceptional caliber by sending a formal commendation to the Commander of the Sri Lanka Army, expressing gratitude for selecting and sending such an exemplary Officer to the War College, where his contributions were highly valued.

## Colonel M B B N Herath Represent BIMSTEC Challenges at Bodh Gaya-Nalanda Initiative



The Synergia Foundation, in partnership with Nalanda University, successfully hosted the inaugural Bodh Gaya-Nalanda Initiative on Shared Values, Shared Culture, and Futures from 12 – 14 September 2024 at Bodh Gaya and Nalanda University.

Colonel M B B N Herath RSP, Director of Media and Spokesman for Sri Lanka's Ministry of Defence and Overlooking Director General of the Institute of National Security Studies, delivered a profound address focusing on BIMSTEC's (Bay of Bengal Initiative for Multi-Sectoral Technical and Economic Cooperation) evolving challenges while underscoring the pressing need for innovative strategies to address the emerging security and developmental challenges.

A meaningful dialogue was held during the event on global challenges such as climate change and inequality, Buddhist philosophical traditions and Nalanda's heritage. Experts from various fields shared insights on the cultural legacies, emphasising the requirement of utilising the historic wisdom for modern challenges.





## Major W M V K Dasanayake Represents Sri Lanka in Kathak Dance Performances



Major W M V K Dasanayake of the Sri Lanka Army General Service Corps proudly represented Sri Lanka through her captivating Kathak dance performance at Patali Putra University on 24 August 2024. Her performance beautifully showcased the rich traditions of Kathak - a classical Indian dance form celebrated for its expressive storytelling and intricate footwork.

Following this, she participated in the Krishan Janmashtami Cultural Performance organised by the Patna branch of the International Society of Krishna Consciousness (ISKCON) in India on 25 and 26 August 2024.



## War Heroes of 3 (V) Gemunu Watch Rescued a Life



**"Recognising the urgency of the situation, Major Indika and his team swiftly sprang into action to rescue the victim".**

The brave soldiers of the 3 (Volunteer) Gemunu Watch, deployed at Matara Fort, successfully rescued an individual who attempted suicide jumping into the Nilwala River near the Mahanama Bridge on 30 September 2024.

In the morning of 30 September 2024, around 0745 hours, Major S Indika, the Second-in-Command of the 3 (V) Gemunu Watch, spotted the person struggling in the fast-moving waters of the river, which is known to be infested with crocodiles. Recognising the urgency of the situation, Major Indika quickly assembled a rescue team consisting of Staff Sergeant Daluwatta A D, Infantryman Jayasinghe D M U S, and Infantryman Warnakulasooriya W M S. The team boarded to a boat stationed near the Officers' Mess and pursued towards the individual, navigating approximately 500 meters through the wild water using a bamboo pole rescued the victim.

If the attempt had been delayed, the victim's life would have been in grave danger. The swift and heroic actions of these War Heroes not only saved a life but also brought honour and recognition to their unit and their proud establishment. Only a true War Hero could display such remarkable courage and determination, risking their own life at the danger of others.





## Battalion Training Course of 17 (V) Sri Lanka Light Infantry Successfully Completed



The Battalion Training Course of 17 (V) Sri Lanka Light Infantry (SLLI) was successfully held from 22 July to 04 September 2024 at the Infantry Battalion Training School, Alankulama. Among the winners of the certificates and trophies of the Battalion Training Course, Captain A C P Kumara earned the Best Shooter title. Also, Company 'A' won the title for the Best Company. Corporal Miyuranga L G M selected as the Best Physical Fitness standards of the course and Infantryman Kumara H M S S was awarded as the All-Round Best Student while Corporal Subasinghe S R was awarded as the Best Section Commander of the course.

## A Dinner Night and an Excursion for Civil Staff



9 Vijayabahu Infantry Regiment (VIR) organised a dinner night and an excursion for civil staff and their families serving at the 9 Vijayabahu Infantry Regiment on 28 August 2024. The programme was implemented under the directions of Major C D P Jayatilaka RWP RSP, Commanding Officer, 9 VIR. Officers of the units and Other Ranks participated in the programme.

## Strength for Life from 5 (V) Mechanized Infantry Regiment



A distribution programme for 17 members of deserving families and 34 students of Tevanpiddi Roman Catholic Tamil Maha Vidyalaya, Mannar was held with the coordination of 5 Mechanized Infantry Regiment (MIR). The event was initiated on 11 September 2024 at the auditorium of Tevanpiddi Roman Catholic Tamil Maha Vidyalaya, Mannar in line with the 14<sup>th</sup> anniversary of 541 Infantry Brigade under the directions of General Officer Commanding, 54 Infantry Division and supervision of Commander, 541 Infantry Brigade. Under the programme, dry ration packs and stationery items worth of Rs. 300,000.00 were distributed among the beneficiaries. The programme was implemented with the sponsorship extended by Mr. Manjula Herath and his associates from the Sri Lankan community in Vancouver, British Columbia, Canada.





## A New Home for a Deserving Family in Katkulam

A house warming ceremony to handover a the newly built house for the deserving family in Katkulam was held on 16 September 2024 under the patronage of Major General S Kasturimudali RSP ndc psc, the General Officer Commanding, 56 Infantry Division. Troops of 11 Battalion of the Gemunu Watch extended the manpower and technical expertise for the successful completion of the house under the supervision of Brigadier Y M S C B Jayathilaka RSP USP, Commander, 563 Infantry Brigade and under the leadership assistance of Lieutenant Colonel N K H R Nanayakkara RWP Lsc, Commanding Officer, 11 Battalion the Gemunu Watch. International Needs Lanka Institute extended much required financial assistance for the construction of the house.

## Blood Donation Campaign from 211 Infantry Brigade



Troops of 211 Infantry Brigade organised a blood donation programme on 16 September 2024 at Padaviya Hospital. More than 120 Officers and Other Ranks of 9 Gajaba Regiment and 5(V) Gajaba Regiment participated in the blood donation campaign under the supervision of Brigadier I N Kandanaarachchi RSP, Commander, 211 Infantry Brigade.

Medical Officers and Staff of Padaviya Hospital extended their assistance to make the event successful. The Red Cross Society of Royal College, Colombo initiated the programme in line with their 45<sup>th</sup> annual blood donation campaign.

## Maternity Items Distributed for Expecting Mothers



Troops of 241 Infantry Brigade with the sponsorship of Hemas (Pvt )Ltd. distributed maternity items among 32 expecting mothers in Damana area on 03 September 2024. A house warming ceremony to bestow a newly constructed house by the troops of 11 Sri Lanka National Guard (SLNG) for a deserving family in the Ampara district was also organised in line with the same event. Major General S A Kulatunge RWP RSP VSV USP psc, the Commander of Security Forces (East) graced the occasion as the Chief Guest. Major General W L S Perera RWP RSP USP, General Officer Commanding, 24 Infantry Division and the representatives of Hemas (Pvt) Ltd. joined the occasion. The programme was held under the supervision of Brigadier L S D N Pathirathna RSP USP, Commander, 241 Infantry Brigade.





The monthly meeting of the Army Seva Vanitha Unit (ASVU) was successfully held at the Army Headquarters under the patronage of Mrs. Janaki Liyanage, President of ASVU on 30 September 2024. The respective Chairpersons of Regimental Seva Vanitha Branches, Executive Board Members and Senior Members participated in the monthly meeting of ASVU.

Addressing the gathering, the President of ASVU explained the projects to be implemented in the future. Subsequently, dry ration packs containing essential food items were distributed among 30 civil employees who are serving in the Sri Lanka Army with the aim to ease their economic burden.



## Sri Lanka Armoured Corps Seva Vanitha Branch

Mrs. Dulashi Meepagala, new Chairperson of Sri Lanka Armoured Corps Seva Vanitha Branch (SLAC-SVB), assumed office at the SLAC Regimental Headquarters on 26 August 2024 during a brief ceremony. Members of SLAC-SVB participated in the duty assumption of the new Chairperson of SLAC-SVB.



## Sri Lanka Light Infantry Seva Vanitha Branch

The second phase of the housing project initiated under the patronage of Mrs. Vajira Perera, Chairperson of Sri Lanka Light Infantry Seva Vanitha Branch was held on 07 September 2024. During the event, financial assistance of Rs. 200,000.00 was extended for six War Heroes to complete their housing constructions. Further, a three-wheeled motorcycle and a battery was donated to a War Hero who had been completely disabled during operations.





## Mechanized Infantry Regiment Seva Vanitha Branch



Mrs. Nilanthi Wanasinghe, new Chairperson of the Mechanized Infantry Regiment Seva Vanitha Branch, (MIR-SVB) officially assumed her duties during a brief ceremony held at the Regimental Headquarters on 26 September 2024. Officers, Other Ranks and members of the Mechanized Infantry Regiment Seva Vanitha Branch participated in the ceremony.

## Vijayabahu Infantry Regiment Seva Vanitha Branch



Mrs. Damayanthi Bandaranayake, the new Chairperson of the Vijayabahu Infantry Regiment Seva Vanitha Branch (VIR-SVB), officially assumed her duties on 18 September 2024. During the ceremony, school equipment and DSI vouchers worth Rs. 45,000.00 were donated among four children of the late Lance Corporal Ekanayake R A J - a soldier of the VIR.

## Gemunu Watch Seva Vanitha Branch



"Junior Highlanders Children's Day" was held on 01 September 2024 under the patronage of Mrs. Manori Welagedara, Chairperson of the Gemunu Watch Seva Vanitha Branch (GW-SVB). The fun games were organised for 210 children from 110 families of War Heroes. The certificates and prizes were also awarded for the winners. Finally, attendees were provided with delicious lunch and tea.





## Commando Regiment Seva Vanitha Branch



A programme of distributing the essential items for Other Ranks and civil servants serving under the Commando Regiment were held at the Commando Regimental Centre on 10 August 2024. During the same event, 18 pregnant spouses of Other Ranks and civil employees received basic maternity essentials under the patronage of Mrs. Nimali Ranathunga, Chairperson of the Commando Regiment Seva Vanitha Branch (CR-SVB). Brigadier B M S K K Darmawardane RWP RSP USP, Centre Commandant, Commando Regiment, Officers and Other Ranks, members of CR-SVB participated in the event.

## Military Intelligence Corps Seva Vanitha Branch

A scholarship and donation programme was held under the guidance of Mrs. Prashadini Ranasinghe, Chairperson of the Military Intelligence Corps Seva Vanitha Branch (MIC-SVB) on 03 September 2024 at the MIC Regimental Centre, Karadeniya. During the event, the Chairperson of MIC - SVB presented books and essential stationery items among children of 21 soldiers and civil servants. Major General R M M Ranasinghe WWV RWP RSP, Colonel Commandant of the MIC, Other Ranks, senior members of MIC-SVB, participated in the ceremony.



## Sri Lanka Army Medical Corps Seva Vanitha Branch

Mrs. Kalyani Wijerathna assumed the office as the new Chairperson of the Sri Lanka Army Medical Corps Seva Vanitha Branch (SLAMC-SVB), at the SLAMC Regimental Headquarters on 27 September 2024. Senior Officers, Officers and members of SLAMC-SVB participated in the simple occasion.



## Sri Lanka Army Ordnance Corps Seva Vanitha Branch

The Sri Lanka Army Ordnance Corps Seva Vanitha Branch (SLAOC-SVB) organised a donation programme to provide essential items and dry ration packs among 26 civil employees working at the Army Ordnance Industry (AOI), Central Arms and Ammunition Depot (CAAD), and Army Clothing Depot (ACD) on 14 September 2024. Major General E M M Fernando, Commander of the Logistics Command and Colonel Commandant of the SLAOC and Mrs. Iresha Fernando, Chairperson of the SLAOC-SVB graced the event as the distinguished guests. Further the SLAOC-SVB provided lunch for all attendees.





## Sri Lanka Army Women's Corps Seva Vanitha Branch



A blood donation programme was held at Regimental Centre of Sri Lanka Army Women's Corps (SLAWC) on 26 August 2024 under the guidance of Major General S Kasturimudali RSP ndc psc, the General Officer Commanding of 56 Infantry Division and the Colonel Commandant of Sri Lanka Army Women's Corps. Mrs. Udula Kasturimudali, Chairperson of Seva Vanitha Branch supervised the project. 50 Officers and Other Ranks participated in donating blood.

## Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch



A donation programme for the children of the Officers, Other Ranks and civil staff serving at 2 (V) Sri Lanka Electrical and Mechanical Engineers and regional workshop – Mullaitivu was held on 29 September 2024 under the patronage of Mrs. Shyama Hettige – treasurer of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch at 2 (V) Sri Lanka Electrical and Mechanical Engineers premises in Diyatalawa.

Dry rations, school accessories, and medical aids and vouchers for the dancing teams were distributed during the event. The event was organised with the sponsorship of 2 (V) Sri Lanka Electrical and Mechanical Engineers and regional workshop – Mullaitivu under the fullest supervision of Sri Lanka Electrical and Mechanical Engineers Seva Vanitha Branch.

## Sri Lanka Army General Service Corps Seva Vanitha Branch

Sri Lanka Army General Service Corps Seva Vanitha Branch organised a programme to inquire the wellbeing of the children who resides at the Indira Cancer Trust and Suwa Arana on 25 September 2024. During the programme essential gift packs containing the children's apparels, sanitary items and school accessories were distributed among 26 children and a



financial donation was also made to the hospital. Further, Sri Lanka Army band held a musical programme providing entertainment for the children. Major General A M K G P S K Abeysinghe, Colonel Commandant of Sri Lanka Army General Service Corps (SLAGSC), also participated in the programme held under the patronage of Mrs. Thushari Abeysinghe, Chairperson of the Sri Lanka Army General Service Corps Seva Vanitha Branch (SLAGSC-SVB) together with members of the SLAGSC-SVB.





**BELLATOR**



# MOVING with the TIMES

**In** order to be capable enough of addressing diverse emerging threats, continuous evolution is significantly important in an ever-changing global landscape for military forces around the world. The strategic perspectives of the warfare have been drastically changed accordingly the geopolitical tensions, asymmetric warfare, cyber threats, or humanitarian crises demanding the military forces to "move with the times" with present-day technologies, redefining doctrines, and designing creative strategies. The essence of vigilant armed forces are ready for future with their capabilities in confronting both conventional and unconventional threats. This continuous evolution in the armed

forces reflects a broader shift in understanding the role of military within the geopolitical, technological, and socio-political framework of the 21<sup>st</sup> century.

## **The Changing Nature of Warfare**

Traditionally, military forces were defined by large-scale kinetic operations often performed by armored divisions, naval and air fleets. Victory was achieved through dominance in land, sea, and air. However, the nature of warfare has significantly transformed during the past few decades. The rise of asymmetric warfare, insurgencies, and hybrid threats have complicated the traditional battlefield. Instead of clear lines of confrontation, modern military operations are engaged with

non-state actors, proxy conflicts, and unconventional tactics that often blind the lines between combatant and civilian.

This drastic shift in modern warfare highly demand the military forces to adapt to a spectrum of challenges, from counterterrorism to peacekeeping missions. The increasing interdependence of fast changing global politics combined with non-traditional threats such as cyber-attacks, disinformation campaigns, and biosecurity risks, requires military forces to redefine their traditional set of strategies, doctrines, and capabilities. Therefore, the modern military should not only excel in conventional warfare but also should be skillful in operating in



gray zones, where threats are often ambiguous and multifaceted.

### Dealing with Technological Advancements

The technology is the most driving force for a military forces. The rapid technological advancement has reshaped the operational environment to maintain an edge over adversaries. Emerging technologies such as artificial intelligence (AI), autonomous systems, quantum computing, and advanced cybersecurity measures have revolutionised the military strategies. The autonomous drones and robotic systems in the digital age created Cyberwarfare generating a new form of battlefield. Modern information systems are highly challenging due to its exploiting vulnerabilities with the engagement of nation-states and non-state actors. To combat these threats military forces are required to invest in improving heavily in cyber defense capabilities establishing cyber commands while developing offensive cyber strategies to deter adversaries.

Additionally, Hypersonic missiles challenge the traditional missile defense systems. Directed energy weapons, such as lasers, offer the potential for precise, scalable responses to aerial and missile threats. Meanwhile, 5G technology is poised to enhance battlefield connectivity, enabling faster communication and more reliable data transfer between units and command centres.

### Modernising Military Doctrine

With the technological advancements the earnest requirement to modernise military doctrine and operational concepts has arisen in all aspects. Gone are the days when military forces could rely solely on mass and firepower to achieve dominance. Today, victory on the battlefield requires vigilance, adaptability, and integration across each domain combined with the technologies.

Military doctrine frequently illustrates multi-domain operations (MDO), which involves coordinated actions across land, sea, air, space, and cyber domains. The integration of these domains enables military

“ Integrating with AI, developing cyber capabilities, modernised trainings, push forward the military forces to handle the emerging threats to safeguard national security in this complex world. Thus the ability to evolve, innovate, and embrace change will be the defining characteristic of successful military forces in the 21<sup>st</sup> century.

forces to exploit vulnerabilities of adversaries. Under the MDO cyber-attacks could utilise as a powerful platform to disable enemy communications.

Further, absorbing the joint and coalition operations into modern military doctrine is purely helpful in the modern arena. The complex nature of modern conflicts often requires multinational collaboration, or alliances such as NATO or ad hoc coalitions for specific missions. Modern day militaries are recognising the importance of interoperability with partner nations for better use of their systems, tactics, and communication channels. This enables them to operate effectively alongside allies, enhancing the overall effectiveness of military operations.

### The Soldier of Tomorrow

The human element remains at the heart of every operation. While technology is transforming warfare, yet the capacity of a soldier is irreplaceable. Even in the advanced technological warfare, the soldiers, sailors, airmen, and marines required to operate the systems, make critical decisions, and execute missions in complex and dangerous environments. Thus, placing greater

emphasis on developing the skills, resilience, and adaptability of military personnel in compliance with the technology is essentially required.

The soldier of tomorrow must be well-versed not only in traditional combat skills but also in emerging technologies and cyber operations. Investing in advanced training programmes, encouraging the professional military education ensures soldiers effective adaptability to the changing battlefield. This includes training soldiers to operate with autonomous systems, leverage AI-driven tools, and protect against cyber threats.

Furthermore, recognising the importance of mental health and resilience in sustaining operational readiness and effectiveness of the soldiers is highly required in the modern warfare. The stress and psychological sensitivity in modern warfare is entirely different form the traditional warfare where men combat each face to face. Thus, growing focus on providing accurate mental health assistance, promoting work-life balance, and fostering a culture of resilience within the ranks is unlikely mandatory in modern day context under force multiplier to achieve the effective mission success.

### Embracing Change for Future Readiness

As the world becomes more interconnected with the continuous evolution of the nature of warfare, military forces must remain adaptable to welcome the diverse challenges. Moving with the times means far beyond than adopting new technologies however rethinking strategies, redefining doctrines and investing in human capital to ensure future force readiness. Integrating with AI, developing cyber capabilities, modernised trainings, push forward the military forces to handle the emerging threats to safeguard national security in this complex world. Thus the ability to evolve, innovate, and embrace change will be the defining characteristic of successful military forces in the 21<sup>st</sup> century.

**Captain**  
**KVN Lakmali SLAGSC**





BELLATOR

# The Cinema and Beyond...





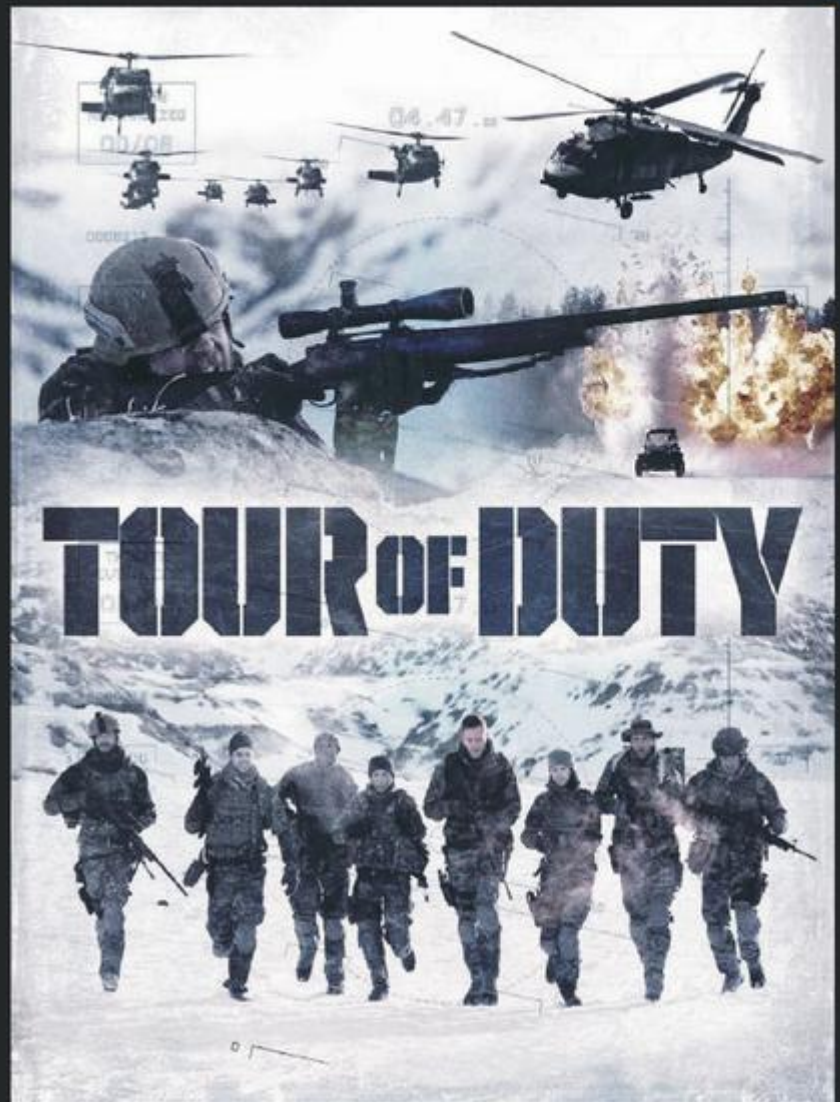
Cinema can be useful in understanding social transformations as well as socio-cultural, socio-economic, and political orientations. It is also one of the most effective art forms to reflect the society. Cinema, which mirrors society, serves as a time capsule and a potential source of insight into the future.

Modern age is called as the age of science. It has given birth to cinema. Cinema has become an important part of modern life. Everyone likes to enjoy a movie. The cinema hall is in the thickest rush. Also, cinema is a combination of many artists. The script writer writes the story. The vocalist sings the songs. The music director gives the music. The actors and actresses play their characters according to the guidance given by the director of the movie. The director provides guidance for the film, which serves as an affordable form of entertainment. People visit the cinema to relax for a few hours.

However, the film making process includes several facts. Simply, it's about the idea, because every movie that you have seen first starts with an idea. The second important thing is the script. It is a written text of a film. This mainly includes instructions to actors and directions for the filming. In another words, it can also be introduced as a written content for a visual story such as a play, television show or a movie. The scripts often contain information for performers and crew, such as stage directions and production notes. They primarily focus on the dialogue between characters in the movie.

The story board of the movie can be described as a panel or series of panels on which a set of sketches is arranged depicting consecutively the important changes or scene and action in a series of shots. However, it's not necessary to do a story board for every scene of movie. Story boards are essentially a tool that you would use to take that film idea that's up inside in your head.

The most important thing in a film is Cast and Crew. This means all the actors and the other people from the production and technical crew who works for the intention of producing a movie. In another words, a film crew is a group of people hired by



a movie production company for the purpose of making a film or a motion picture. In addition, the filming locations also plays a vital role for the success of a movie. This means a place or a location outside a motion-picture studio, where a movie scene or part of it is filmed.

The filming of a movie means capture on film as a part of a series of moving images. In another words, it's a making of a film of a story written on the movie script by recording moving pictures of an incident. The post-production means the stage of a movie after production when the filming is wrapped and the editing of the visual and audio materials begins. Accordingly, post production refers to all of the tasks associated with cutting the raw footage and assembling that raw footage, editing, composing music, dubbing and etc.

Also, one can call cinema as a

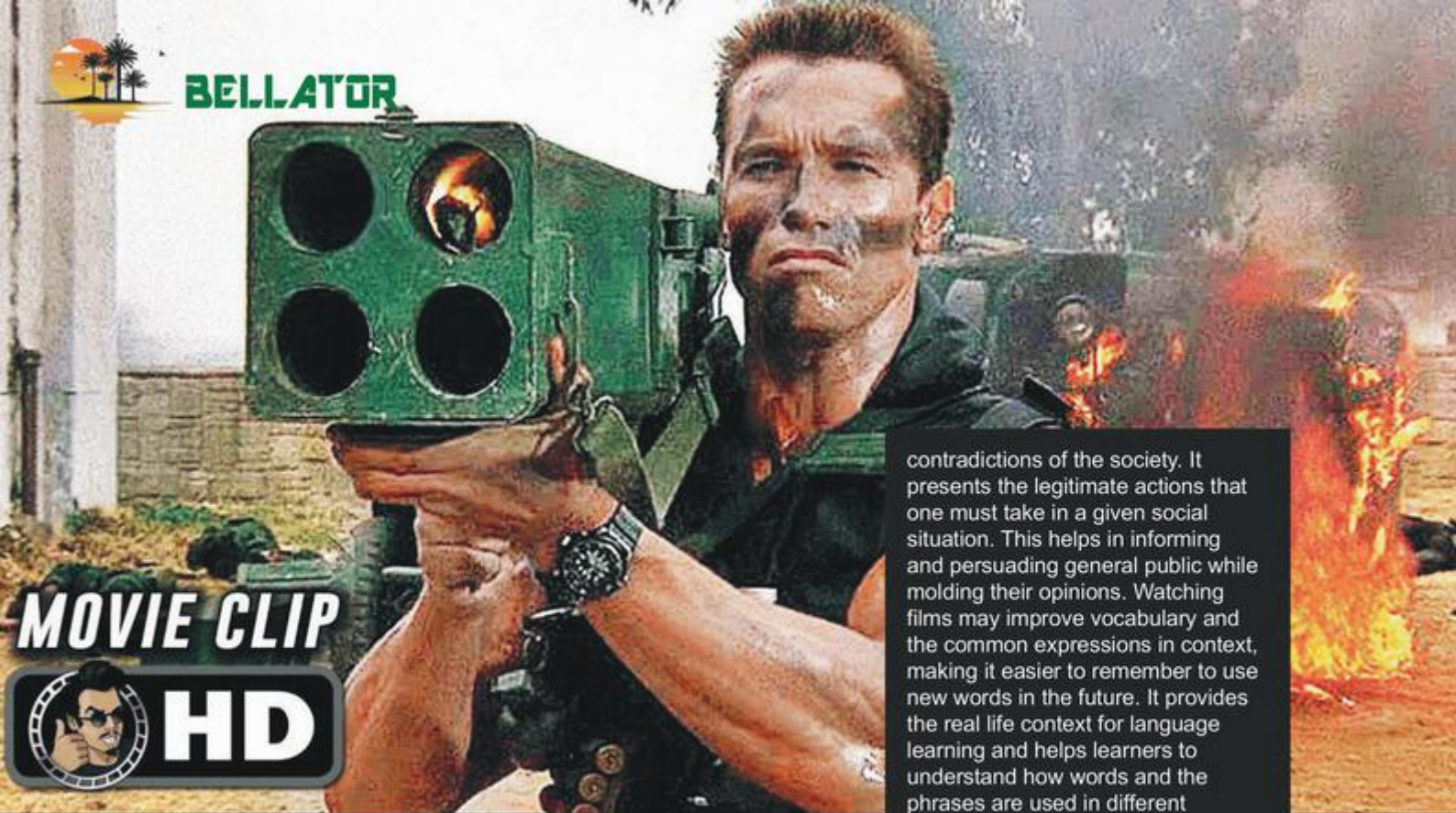
practical teacher. Everything can be taught in a normal way. Learning by seeing is easier than learning by reading. Cinema gives moral lessons through films. Cinema is an important means of publicity and propaganda. The government can use it easily to remove some social evils, like child marriage and dowry system etc. The news reels serve this purpose. As an example, the movie 'Water' which directed by 'Deepa Mehta' deeply discussed about child marriages in India. The Sinhala movie "Devani Gamana" which directed by H D Premaratne also had a similar discussion about 'virginity' of girls those who are unmarried.

In addition, historical movies show us how people lived in ancient times. Their ways of fighting, palaces, fortresses and ancient buildings sculptures are shown to us. Then we come to know the social life of the people in ancient





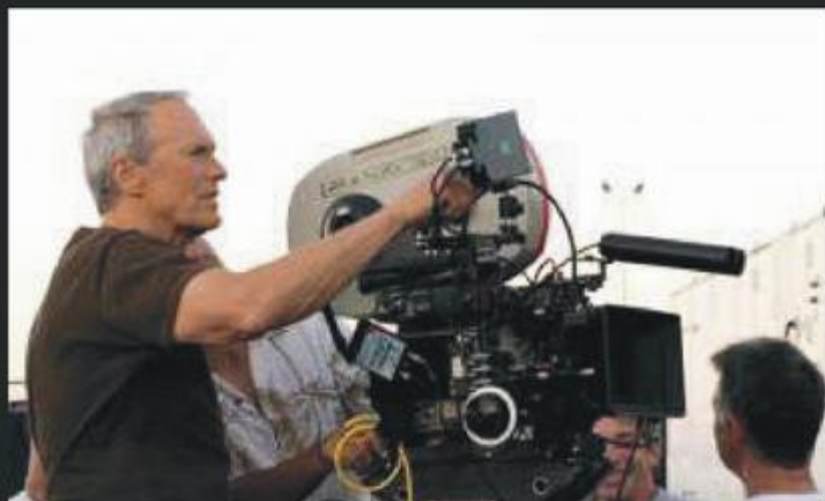
**BELLATOR**



**MOVIE CLIP**



contradictions of the society. It presents the legitimate actions that one must take in a given social situation. This helps in informing and persuading general public while molding their opinions. Watching films may improve vocabulary and the common expressions in context, making it easier to remember to use new words in the future. It provides the real life context for language learning and helps learners to understand how words and the phrases are used in different situations.



times. Movies like 'Aba' directed by Jackson Anthony, 'Sandeshaya' by Dr. Lester James Peiris are some of the excellent examples for this. These films reflect the religious pictures in the ancient cultures and civilizations. They try to show the high ideals of the past.

The movie spectators will gain lots of benefits by watching movies, because by watching a good classic movie, will give both enjoyment and stress reduction to the spectator in a cinema hall. Also, many people watch movies to forget their problems or as an alternative to anxiety loss. Further, by watching movies generates positive emotional impact. This will help many of us to relax and decrease anxiety while

inspiring the motivation and can even give anyone the energy for a real standard of living. Movies can be useful in understanding social transformations defining as the most effective art forms for reflecting the society. Cinema which mirrors society, serves as a time capsule and a potential source of insight into the future.

Through its powerful screenplay of ideas, cinema acts as the mirror reflecting the hopes, aspirations, frustrations and

The film technologies are used in different aspects in the military field. It's a fact that the film technologies used in recruiting youth for the forces, orientating, training and for the entertainment of the soldiers. During the World War II, both Britain and USA produced wide variety of documentary films with the purpose of military training with the aim to provide advice to civilians and to encourage to maintain security within their territories. In fact, they also served a considerable range of other institutional needs inclusive of intra organisational communications, tactical analysis and for the research and development. Movies which produced by Hollywood such as 'Commando', 'Tour of Duty', 'Saving the private Rion', 'An Officer and a Gentleman', 'The Delta Force', 'Bridge on the River Kwai', 'Force 10 from Navarone', are fine examples for this. This type of movies increased the recruitment rates for the U.S. Military and it boosted the moral of the American soldiers as well as the civilians easily making the cinema in the most important form of popular media in the war effort.



By Lieutenant Duminda Senarath 2 SLAGSC  
Journalist  
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# How to Deal with Your Anxiety

**A**nxiety is a common experience, often associated with uncertainty, stress, or challenges. While it is natural to feel anxious occasionally, chronic or overwhelming anxiety may harm both mental and physical health. With the increasing pressures of modern life, many are struggling to find effective ways to manage the anxiety. This article will explore how anxiety occurs, the potential consequences of anxiety, and practical solutions to calm mind and body. Understanding and addressing the root causes of anxiety can lead to a more balanced, peaceful, and fulfilling life.

## How Anxiety Occurs

Anxiety is a natural, adaptive response designed to keep individual safe from potential threats. It triggers the counter response, which prepares the body to either face danger or flee from it. This mechanism assisted to face life-threatening situations during the era of tribes. However, in the modern world this is often triggered by non-physical threats, such as work stress, financial concerns, or social pressures.





Anxiety typically begins in the brain, particularly in the amygdala, which processes emotions and perceives threats. When a stressful situation occurs, the amygdala sends signals to the hypothalamus, which activates the body's autonomic nervous system. This, in turn, releases stress hormones like adrenaline and cortisol, causing physiological changes such as increased heart rate, rapid breathing, and heightened alertness.

Although it is said that bad, anxiety can be helpful to motivate to meet deadlines or avoid danger. However, chronic anxiety occurs when the brain's threat detection system becomes overactive. Everyday situations, such as meeting or a social gathering, may increase anxiety, leading to an excessive or prolonged stress response. Resultantly, it may produce significant mental and physical consequences.

## The Consequences of Anxiety

If anxiety persists without proper management, it can negatively impact various aspects of life.

## Physical Health

Anxiety activates the body's stress response harming the physical health. The constant release of stress hormones such as cortisol can weaken the immune system, making you more susceptible to infections. Prolonged anxiety has been linked to an increased risk of heart disease, high blood pressure, and digestive issues such as irritable bowel syndrome (IBS). Physical symptoms such as muscle tension, headaches, and fatigue are also common in people suffering from chronic anxiety.

## Mental Health

Anxiety can lead to or exacerbate other mental health conditions such as depression, obsessive-compulsive disorder (OCD), or generalised anxiety disorder (GAD). Cognitive functions such as memory, concentration, and decision-making can also be weakened due to the overwhelming sense of worry and fear. Persistent anxiety creates a feedback loop.

## Relationships

Anxiety can affect personal relationships by causing irritability, impatience, or avoidance of social situations. Individuals experiencing anxiety may withdraw from loved ones, feeling overwhelmed or fearing judgment. This isolation can pressure friendships and romantic relationships, leaving both parties feeling disconnected. Additionally, anxiety can make communication difficult hindering effective listening or expression of emotions.

## Day to Day Life

Anxiety often leads to difficulty focusing, procrastination, and reduced productivity. For individuals in high-stress jobs, anxiety can become debilitating, leading to workplace conflicts. Even simple tasks may feel overwhelming, resulting in avoidance behaviours and missed opportunities. In severe cases, individuals may experience panic attacks or paralysing fear that interrupts their daily routine.

## How to Manage Anxiety

### Deep Breathing and Mindfulness Techniques

Deep breathing exercises are an effective way to calm the body's stress response. By focusing on slow, deep breaths, you can lower your heart rate and reduce the release of stress hormones. One common technique is diaphragmatic breathing, where you inhale deeply through your nose, allowing your belly to expand, and then exhale slowly through your mouth.

Mindfulness meditation is another powerful tool for managing anxiety. Mindfulness encourages you to focus on the present moment without judgment. By paying

attention to your thoughts, feelings, and physical sensations, you can break the cycle of rumination that fuels anxiety.

## Physical Activity

Exercise is one of the most effective ways to reduce anxiety. Physical activity releases endorphins, chemicals in the brain that act as natural mood lifters. Exercise also reduces levels of cortisol, the body's stress hormone. Even moderate exercise, such as walking or yoga, can have profound effects on anxiety levels.

In addition to the immediate benefits of exercise, regular physical activity promotes long-term mental health. Exercise increases blood flow to the brain, supporting cognitive function and emotional regulation. It also allows you to release the energy that might manifest anxiety.

## Cognitive Behavioural Therapy (CBT)

Cognitive Behavioural Therapy (CBT) is a widely used psychological treatment for anxiety disorders. CBT helps individuals identify and challenge negative thought patterns that contribute to anxiety. By learning to reframe these thoughts and replace them with more balanced perspectives, individuals can break the cycle of anxious thinking.

One key aspect of CBT is exposure therapy, where individuals gradually face their fears in a controlled environment. Over time, this exposure reduces the fear response, allowing the person to confront anxiety-provoking situations without panic. CBT has been shown to be highly effective for treating a range of anxiety disorders, including panic disorder,





social anxiety, and GAD.

## Healthy Lifestyle Choices

Certain lifestyle habits can exacerbate or alleviate anxiety. A balanced diet rich in whole foods, lean proteins, and healthy fats provide brain with essential nutrients. Conversely, excessive caffeine, sugar, or processed foods can increase anxiety by causing spikes and crashes in energy levels.

Getting enough sleep is also crucial for managing anxiety. Sleep deprivation increases cortisol levels, making it harder to cope with stress. Establishing a regular sleep routine and creating a calming bedtime environment can improve sleep quality and reduce anxiety.

Limiting alcohol and drug use is another important factor. While substances such as alcohol may initially seem to calm anxiety, however, in long run it often worsen the anxiety. Substances can interfere with brain chemistry, leading to increased anxiety or dependency.

## Seeking Professional Assistance

If anxiety becomes overwhelming

or interferes with daily functioning, it may be necessary to seek help from a mental health professional. Therapists, counsellors, and psychiatrists can offer a range of treatments, including therapy, medication, or a combination of both.

Medications such as selective serotonin reuptake inhibitors (SSRIs) or benzodiazepines may be prescribed for short-term relief of anxiety symptoms. However, medication should be seen as part of a broader treatment plan that includes therapy and lifestyle changes.

## Social Support

Building a strong support network can help reduce anxiety by providing a sense of connection and understanding. Talking to friends, family members, or support groups can help alleviate the feelings of isolation often associated with anxiety. Knowing that others share similar experiences can offer comfort and practical advice for managing anxiety.

## Conclusion

Anxiety is a common and

sometimes debilitating condition, however, it is manageable with the right tools and mindset. Understanding the root causes of anxiety and its effects on physical and mental health is the first step in taking control. By implementing strategies such as mindfulness, physical activity, therapy, and healthy lifestyle choices, individuals can significantly reduce anxiety and improve their overall quality of life. Seeking professional help when necessary is also essential for long-term well-being. With commitment and self-compassion, it is possible to calm anxiety and live a more peaceful, balanced life.

## Glossary

The **amygdala** is a paired nuclear complex present in the cerebral hemispheres of vertebrates.

**Diaphragmatic** breathing is a technique that helps you focus on your diaphragm, a muscle in your belly.

**Rumination** a deep or considered thought about something.

**Endorphins** a chemical naturally, released in the brain to reduce pain.

Captain  
KVN Lakmali SLAGSC





# Defender of the Nation Celebrating 75<sup>th</sup> Years of Enduring Legacy

**T**he Sri Lanka Army, a venerable institution of the nation for defence, is a well-defined hallmark to the enduring spirit of sacrifice and resilience. Unlike civil institutions, its journey has been gone through numerous challenges such as war against ruthless terrorism, marking countless acts of valour and selflessness. As the Sri Lanka Army commemorates its 75<sup>th</sup> anniversary on 10 October, 2024, it is imperative to explore into its well-structured history filled with unwavering commitment to service of the nation.

During World War II, all regiments raised under the Ceylon Defence Force were reorganised according to peacetime requirements. During this period, the battalions maintained under these regiments underwent restructuring. Even after 1948, the Ceylon Defence Force continued to consist of volunteer units. With the establishment of the new Ceylon Army, the battalions previously under the Ceylon Defence Force were restructured and integrated into the new Ceylon Army Volunteer Force.

The Sri Lanka Army Act No. 17 of 1949 came into force with effect from 10 October 1949. Simultaneously, the Defense Force Ordinance No. 8 of 1910, which had been in effect until then, became



void, and resultantly the operations of the Defense Force Headquarters were abolished. According to Section 1<sup>st</sup> of the 2<sup>nd</sup> paragraph of the Army Act, the composition of the Sri Lanka Army is consisted of four parts namely Regular Army, Regular Reserve, Volunteer Force, and Volunteer Reserve. Also, according to paragraph 5(4) of the Sri Lanka Army Act No. 17 of 1949, the battalions raised under the Security Forces Ordinance No. 8 of 1910 shall force into operate under this new Act. With the establishment of the Ceylon Army, selected number of Officers and Other Ranks who had served in the battalions under the Ceylon Defense battalions were absorbed into the regular battalions of the newly established Ceylon Army.

In addition to the Royal Volunteer Force, the Royal Volunteer Navy

and the Royal Volunteer Air Force were also established under the British Crown. The Royal Forces which was made with Officers and Other Ranks of various nationalities adhered British values and gradually tend to absorb the domestic values illustrating Ceylon identity. The Ceylon Regular Force was accordingly raised on 10 October 1949 by the Act No. 10 of 1949.

Following Ceylon's independence, the government established the Ceylon Regular Force as a strategic measure to maintain the operational capabilities of the armed forces. Despite this expansion, then government took actions to retain the existing Ceylon Volunteer Force. Consequently, numerous Officers and Other Ranks were transitioned from the Ceylon Volunteer Infantry Regiment into the newly formed Ceylon Regular Force, contributing





to the establishment of its inaugural infantry regiment. Accordingly, many Officers and Other Ranks who were in Ceylon Volunteer Infantry Regiment joined to raise the first Infantry Regiment of Ceylon Regular Force. Notably, several of these individuals who joined later reached to the highest rank within the Ceylon Army, serving as Commander of the Army.

The Sri Lanka Army, which has evolved through numerous transformations since its inception, has experienced both sweat and blood throughout its history. The LTTE terrorism, which emerged in the 1980s and persisted until 10 May 2009, stands as the most significant challenge the Sri Lanka Army faced after its establishment. The Army successfully neutralised the LTTE militants (who had introduced a death cult of suicide attacks and child soldiers) at the Nandikadal Lagoon. This marked the greatest military victory achieved by a South Asian nation since the end of colonial rule.

The Sri Lanka Army's mission and dedication extended beyond conventional responsibilities of defence impressing even the world's most powerful militaries. Their commitment to liberating the motherland from a thirty-year prolonged war serves as an exemplary for the entire world. This venture reflects the honour for those who sacrificed their lives, those who were wounded, and those who were disabled during the operations to fulfill the nation's aspirations. Moreover, all active and retired personnel who played a role in ending terrorism deserve the same recognition and respect.

Over the past 75 years, the Sri Lanka Army has achieved remarkable successes not only on the battlefield but also in the field of sports. While the bravery of War Heroes such as Captain Aladeniya, Corporal Gamini Kularatne, imprinted their names in history Duncan White, and Susanthika Jayasinghe have showcased their excellence in the field of sports highlighting the Army's commitment extending far beyond the battlefield. The members of the Sri Lanka Army have consistently excelled in various sporting disciplines, bringing honour to the nation.

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“War Heroes  
are individuals  
who embody  
both humanity  
and heroism.  
Their unwavering  
commitment  
to their nation  
and its citizens  
is a testament  
to their selfless  
dedication. This  
year, the Sri  
Lanka Army  
celebrates its  
75<sup>th</sup> anniversary,  
reflecting its  
pride on its well-  
structured past  
while looking  
ahead with good  
hopes toward the  
future”

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Beyond their sporting excellence, the Sri Lanka Army has played a pivotal role in ensuring social security during disasters. Their prompt and effective response to floods, landslides, the COVID-19 pandemic, and insurgencies has significantly supported to maintain the normalcy in the society. Moreover, the Army's participation in international peacekeeping missions has contributed significantly to the nation's economy through foreign exchange earnings.

The Army's contributions to the nation extend beyond its primary role of defence. By producing essential ordnance and equipment domestically, the Sri Lanka Army has reduced expenditure on imports. Additionally, its green agro projects have supported national agricultural development. These initiatives underscore the Army's role in serving the nation in diverse aspects and perspectives.

Throughout the Sri Lanka Army's 75-year history, the unwavering dedication of its Commanders, Officers, and soldiers has been instrumental in its progressive evolution and success. Their collective efforts have laid the foundation for the Army's present-day accomplishments. The Army is fortunate to be commanded by Lieutenant General H L V M Liyanage RWP RSP ndu – Commander of the Army at this significant milestone. Under his visionary leadership, the Army has undergone substantial qualitative improvements, required for a promising future. His guidance has ensured a professional and well-developed force for that future generations.

War Heroes are individuals who embody both humanity and heroism. Their unwavering commitment to their nation and its citizens is a testament to their selfless dedication. This year, the Sri Lanka Army celebrates its 75<sup>th</sup> anniversary, reflecting its pride on its well-structured past while looking ahead with good hopes toward the future.

**Written by Lt. Col Sujith  
Chaminda Edirisinghe SLACAL**

**Translated by Captain  
KVN Lakmali SLAGSC**





BELLATOR



## Embassy of Sri Lanka in France Praises Heroes of Determination at Paralympics - 2024

Extending a heartwarming tribute to Sri Lanka's finest para-athletes, the Embassy of Sri Lanka in France hosted a grand reception on 04 September 2024 to honour the nation's athletes who competed in the Paris 2024 Paralympic Games at the Embassy's premises in Paris celebrating not only the athletes' athletic feats but also their determination, spirit, and national pride.

The Sri Lankan delegation was led by para-athletes, including silver medalist Warrant Officer II Dulan K A S of the Sri Lanka Corps of Military Police who left a remarkable achievement on the Men's Javelin





Throw (F44 category) at the 2024 Paralympic Games placing a new world record with a stunning throw of 67.03 meters, securing a well-deserved silver medal whilst adding another victory to Sri Lanka's growing Paralympic legacy. The event paid homage to the entire team, including Nuwan Indika, Anil Prasanna Jayalath, Palitha Bandara, and others, who had trained relentlessly for four years.

The Sri Lanka Paralympic team has consistently showcased extraordinary talent and resilience in previous Games, securing a medal tally across London (2012), Rio (2016), and Tokyo (2020). Warrant Officer II Dulan K A S's triumph in Paris continues this legacy, demonstrating that Sri Lanka's commitment to para sports remains unwavering.

In her address, the Ambassador Her Excellency Manisha Gunasekara commended the team for their accomplishments, emphasising the significance of equal recognition for the Paralympic Games on par with the Olympics. She applauded the athletes' indomitable willpower and how their performances serve as an



inspiration for future generations of athletes, both able-bodied and differently-abled. The event also highlighted the ongoing efforts to achieve gender parity within para sports and ensure broader inclusivity, in line with the international movements.

Addressing the reception, Chef de Mission, Colonel Deepal Herath (Rtd), reflected on the athletes' dedication to their four-year training plan, which culminated in their impressive performance. With the motto "we came to win, and we won" ringing true, he expressed his gratitude to the Embassy for the recognition, adding that the journey to Paris had been fueled by both personal and national pride.

The event also served as a reminder of the crucial requirements to mainstream para sports. Sri Lanka's triumphs on the global stage underscore the importance of continued investment, awareness, and support for differently-abled athletes. With their success at the 2024 Games, Team Sri Lanka has once again proved that anything is possible with grit and determination.

A delegation of Senior Officials representing the National Paralympic Committee of Sri Lanka led by the Chef de Mission Colonel, Deepal Herath (Retd) and Member/ Sports Council Major General (Retd) Rajitha Ampemohotti also attended the event.







# History of Nuclear Weapons

The Soviet Union's interest in nuclear research began in the 1930s. Scientists like Igor Kurchatov and Yakov Zeldovich were pioneers in nuclear physics. During World War II, the Soviet Union benefitted from intelligence gathered by spies within the Manhattan Project, which accelerated their own nuclear efforts. The official Soviet atomic bomb project started in earnest in 1943, with Kurchatov appointed as the scientific leader. The Soviet Union's first successful atomic bomb test, code-named RDS-1, occurred on 29 August 1949, at the Semipalatinsk Test Site. It was a plutonium-239 implosion-type fission bomb, with a yield of approximately 22 kilotons of TNT. This test marked the Soviet Union's entry into the nuclear arms race, ending the United States monopoly on nuclear weapons. The Soviet Union tested its first hydrogen bomb RDS-6 on 12 August 1953. This device was a "layer cake" design, distinct from the American approach. It had a yield of approximately 400 kilotons of TNT. Throughout the 1950s, the Soviet Union expanded its nuclear arsenal and delivery capabilities, developing long-range bombers and intercontinental ballistic missiles (ICBMs). The Cuban Missile Crisis in 1962 was a significant confrontation between the United States and the Soviet Union, where the deployment of Soviet missiles in Cuba brought the world to the brink of nuclear war. The doctrine of Mutual Assured Destruction (MAD) became a cornerstone of nuclear strategy, ensuring that

both superpowers maintained large arsenals to deter each other from launching a first strike. The largest Soviet Union nuclear test was conducted on 30 October 1961. The thermonuclear device was named "Tsar Bomba" and it had a yield of 50 megatons of TNT, making it the most powerful nuclear device ever detonated. The bomb was detonated over Novaya Zemlya, causing widespread destruction and atmospheric disruption. The explosion produced an immense fireball and shockwave that caused devastation over a vast area, with thermal radiation capable of causing third-degree burns hundreds of miles away. Today, Russia is the successor state to the Soviet Union's nuclear weapons programme. It maintains a significant nuclear arsenal as part of its national defense strategy. Russia continues to modernise its nuclear forces while navigating complex international arms control agreements and regional conflicts.

British scientists, including Ernest Rutherford and James Chadwick, made significant early contributions to nuclear physics. Rutherford's work in nuclear transmutation and Chadwick's discovery of the neutron were foundational. Physicists Otto Frisch and Rudolf Peierls, working in the UK, wrote a memorandum in 1940 that outlined the feasibility of an atomic bomb using uranium-235, sparking serious consideration of nuclear weapons. The Tube Alloys project was the code name for the British atomic bomb research program. It aimed to develop nuclear weapons independently.

The Quebec Agreement in 1943 signed between Winston Churchill and Franklin D Roosevelt merged the British and American nuclear efforts, forming the basis for the combined effort in the Manhattan Project. A group of British scientists, including notable figures like James Chadwick, joined the Manhattan Project, contributing significantly to the development of the atomic bomb. British scientists worked on various aspects, including theoretical physics, bomb design, and the development of the gaseous diffusion method for uranium enrichment. After World War II, the United States enacted the Atomic Energy Act of 1946 (McMahon Act), restricting the sharing of nuclear information. This led Britain to pursue an independent nuclear programme. In 1947, Britain initiated the High Explosive Research (HER) project to develop its atomic bomb. Britain successfully tested its first atomic bomb on 3 October 1952, the Operation Hurricane, off the coast of the Montebello Islands in Australia, becoming the third country to develop nuclear weapons. It was a plutonium-239 implosion-type fission bomb, with a yield of around 25 kilotons of TNT. In the mid-1950s, Britain pursued the development of a thermonuclear bomb. The successful test of the hydrogen bomb occurred on 15 May 1957, during Operation Grapple on Christmas Island. The largest British nuclear test was conducted on 28 April 1958 at Christmas Island, and it had a yield of approximately 3 megatons of TNT. Throughout the 1950s and 1960s,









Britain developed and deployed various nuclear delivery systems, including bombers (V-bombers) and ballistic missiles (Polaris). The 1958 US-UK Mutual Defence Agreement allowed for the sharing of nuclear technology and materials, revitalising Anglo-American nuclear collaboration. In the 1980s, Britain adopted the Trident missile system, which remains the cornerstone of its nuclear deterrent today.

French scientists, including Marie Curie and her husband Pierre Curie, made pioneering contributions to the field of radioactivity, laying the groundwork for future nuclear research. During the interwar period and World War II, significant research was conducted at the École Polytechnique and Collège de France. Established in 1945 under the direction of Frédéric Joliot-Curie, the Atomic Energy Commission (CEA) was tasked with advancing nuclear science and technology in France. The French government, under the Fourth Republic, began considering the development of nuclear weapons to ensure national security and global influence. Upon his return to power in 1958, President Charles de Gaulle accelerated the nuclear weapons program as a cornerstone of France's defense policy. On 13 February, 1960, France conducted its first nuclear test, Operation Gerboise Bleue, in the Algerian Sahara Desert, becoming the fourth nation to develop and test nuclear weapons. It was a plutonium-239 implosion-type fission bomb, with a yield of around 70 kilotons of TNT. France developed an independent nuclear deterrent force, known as the Force de Frappe, which included land-based ballistic missiles, submarine-launched ballistic missiles (SLBMs), and strategic bombers. By the mid-1960s, France had deployed its first operational nuclear delivery systems, including the Mirage IV bomber and the SSBS S3 ballistic missile. France successfully tested its first thermonuclear device in 1968, significantly enhancing its strategic capabilities. The largest French nuclear test was conducted

on 24 August 1968 at Fangataufa Atoll in the Pacific, and it had a yield of approximately 2.6 megatons of TNT. The development and deployment of the M4 and M45 SLBMs, along with the Triomphant-class nuclear submarines, further solidified France's second-strike capability. France continued its nuclear testing program until signing the Comprehensive Nuclear-Test-Ban Treaty (CTBT) in 1996. France's nuclear doctrine evolved to maintain a credible deterrent, emphasising the capability to inflict unacceptable damage to any adversary.

China's interest in nuclear technology began in the early 1950s. The impetus for developing nuclear weapons was partly driven by the Korean War and the realisation of the strategic importance of having a nuclear deterrent. With support from the Soviet Union, China embarked on its nuclear weapons programme. The Soviets provided technical assistance, training, and equipment. The Sino-Soviet split in the late 1950s and early 1960s forced China to continue its nuclear weapons programme independently. Despite the withdrawal of Soviet support, China pressed on, demonstrating significant determination and resourcefulness. On 16 October 1964, China successfully conducted its first nuclear test, codenamed "596," at the Lop Nur test site. The device was an implosion-type bomb using uranium-235, with a yield of approximately 22 kilotons of TNT. This test made China the fifth nuclear power in the world. China continued to develop its nuclear capabilities, leading to the successful detonation of its first thermonuclear (hydrogen) bomb on 17 June 1967. The device had a yield of approximately 3 megatons of TNT. This rapid progression from a fission bomb to a fusion bomb within three years showcased China's significant scientific and engineering capabilities. Alongside

nuclear warheads, China developed various delivery systems, including ballistic missiles. By the late 1960s and early 1970s, China had operational medium-range and intercontinental ballistic missiles (ICBMs). China has maintained a "No First Use" policy regarding nuclear weapons, declaring that it would not be the first to use nuclear weapons at any time and under any circumstances. This policy has been a cornerstone of China's nuclear strategy, emphasising deterrence rather than aggression. In recent decades, China has continued to modernise its nuclear arsenal. This includes the development of more advanced ICBMs, submarine-launched ballistic missiles (SLBMs), and improvements in nuclear warhead technology. China's nuclear force structure aims to ensure a credible second-strike capability, contributing to strategic stability.

Israel's interest in nuclear technology began in the early 1950s under Prime Minister David Ben-Gurion, who believed that nuclear capability was essential for the security of the fledgling state. Israel received critical assistance from France. The two countries signed a secret agreement in 1956, which led to the construction of the Negev Nuclear Research Center near Dimona. French engineers helped build the reactor, and French scientists assisted in its early operation. Construction of the Dimona reactor began in the late 1950s and was completed by the early 1960s. This reactor, along with a chemical reprocessing plant to extract plutonium, formed the core of Israel's nuclear weapons production capabilities. The project was shrouded in secrecy, with the Israeli government initially describing the Dimona site as





a textile plant and later as a metallurgical research facility. By the mid-1960s, it is believed that Israel had produced enough plutonium for a small number of nuclear weapons. The country reportedly achieved nuclear capability shortly before the Six-Day War in 1967, although it did not publicly test a nuclear device. Israel adopted a policy of nuclear ambiguity, neither confirming nor denying its nuclear capabilities, which it maintains to this day. This policy is believed to be a strategic deterrent without provoking a regional arms race. During the Yom Kippur War in 1973, there were unconfirmed reports that Israel had armed its nuclear weapons in a state of heightened alert. The United States intelligence community believed Israel possessed several dozen nuclear weapons by the end of the 1970s. A mysterious flash detected by an American Vela satellite over the South Atlantic in 1979 is widely suspected to have been a joint Israeli-South African nuclear test, although both countries have denied this. Independent analysts and various intelligence agencies estimate that Israel possesses between 80 to 400 nuclear warheads, with sophisticated delivery systems including ballistic missiles, aircraft, and possibly submarine-launched cruise missiles. Israel is believed to have developed advanced nuclear warhead designs and a robust second-strike capability, enhancing its strategic deterrence.

The South African Republic's interest in nuclear technology dates back to the 1960s, primarily driven by its abundant uranium reserves. Initially, the focus was on developing nuclear energy for peaceful purposes. During the 1960s and 1970s, South Africa was under international scrutiny due to its apartheid policies. This political isolation and the perceived threat from neighboring states influenced its decision to develop a nuclear deterrent. The apartheid regime sought to protect itself from external threats and bolster its international standing. The South African nuclear weapons programme officially began in the mid-1970s. Under the guise of peaceful nuclear research, South Africa pursued the development of nuclear weapons capabilities developing the capability to produce weapons-grade uranium through enrichment at its Pelindaba facility. By 1977, South Africa had constructed a nuclear test shaft in the Kalahari Desert, which indicated the country's seriousness about developing nuclear weapons. By the late 1970s and early 1980s, South Africa had succeeded in developing its first nuclear device. The government claimed to have built six nuclear bombs, each with an estimated yield of 10-18 kilotons, which is comparable to the bombs dropped on Hiroshima and Nagasaki. The weapons were never tested but were stored in disassembled form, ready for assembly if needed. South Africa's

nuclear strategy was primarily defensive. It aimed to maintain a "threshold" nuclear capability, meaning it could quickly assemble and deploy nuclear weapons if it faced an existential threat. This strategy was designed to deter potential aggression from hostile neighboring countries and to secure South Africa's standing as a regional power.

to be continued...

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Keido Kurberg







**BELLATOR**

# Charity Palmcard

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

## 1. Cleaning Programme



The troops of 122 Infantry Brigade and 12 Gajaba Regiment (GR) conducted a cleaning programme at Pubudu Preschool in Thissamaharamaya on 24 September 2024.

## 2. Blood Donation Programme



Troops of 211 Infantry Brigade voluntarily participated in a blood donation camp held at Padaviya Hospital on 16 September 2024.

## 3. Wildfire Control



Troops from the Security Force Headquarters (Central) Diyatalawa have successfully controlled wildfires that erupted in the Galeadanda area on 21 September 2024.

## 4. Assistance for Abhayapura Suranimala Primary School



Troops of 122 Infantry Brigade successfully completed the construction of an interlock compound at Abhayapura Suranimala Primary School in Hambantota on 18 September 2024.

## 5. Life Saving Support



Brigadier General Staff of 1 Corps intervened to assist an elderly man critically injured in a road accident in the Kilinochchi highway swiftly transforming victim to the Kilinochchi Hospital.

## 6. Beach Cleaning Programme



Troops of 243 Infantry Brigade conducted a beach cleaning programme at Kallady Beach on 14 September 2024.

## 7. Fence to Safeguard Maduraketiya Children's Centre



Troops of 18 Gemunu Watch (GW) constructed a protective barbed wire fence around the Maduraketiya Children's Development Centre premises on 07 September 2024.

## 8. Beauty Culture Workshop



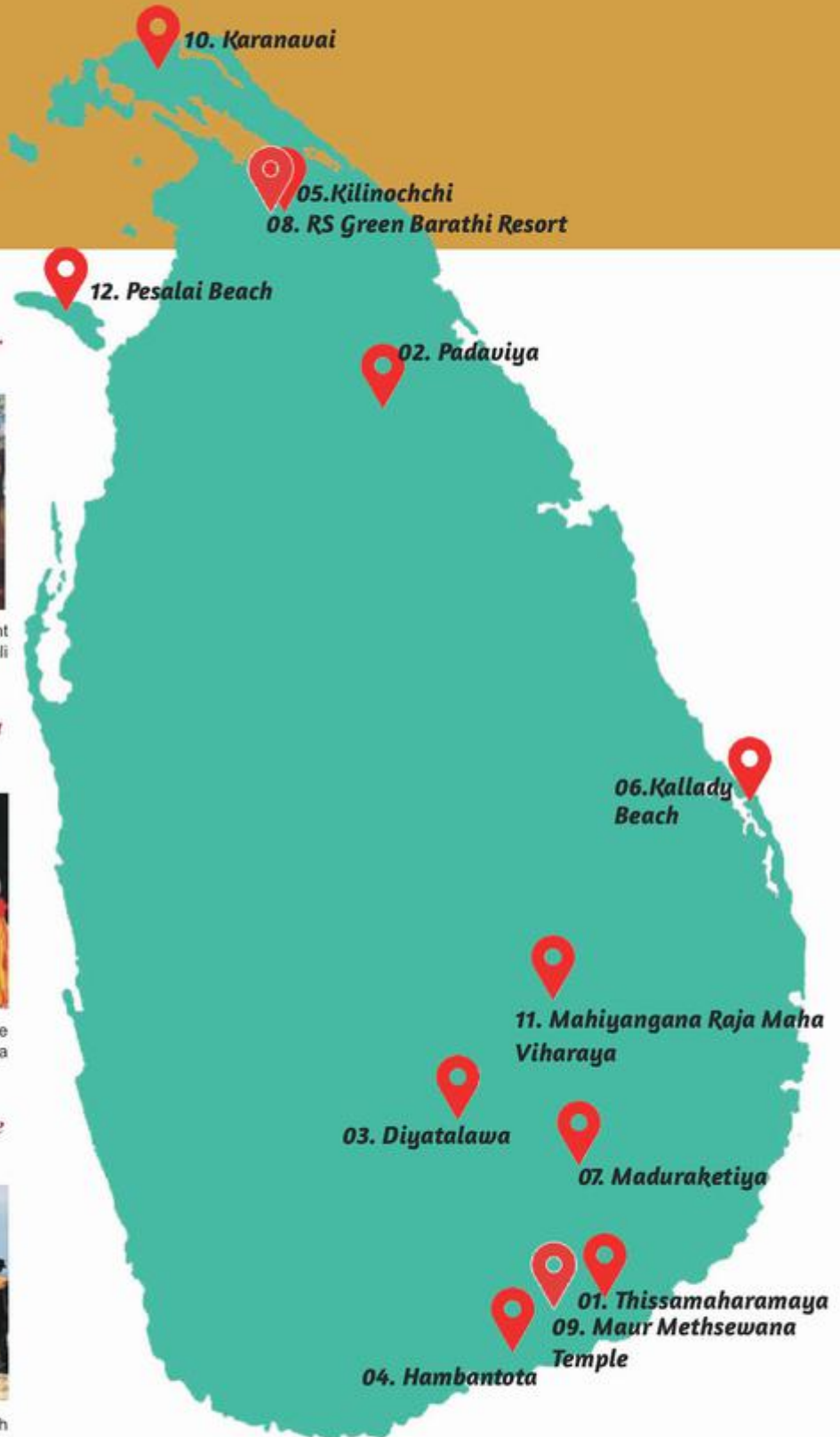
A Beauty Culture Workshop was organised at 55 Infantry Division with the cooperation of Nature's Beauty Creations Ltd. at the RS Green Barathi Resort, Killinochchi on 07 September 2024.

## 9. Construction Assistance for Maur Methsewana Temple



Troops of 12 Infantry Division assisted in plastering and painting of the newly constructed wall surrounding the Maur Methsewana temple premises.





### **10. Donation Programme for Preschool Children**



The troop of 11 Vijayabahu Infantry Regiment offered a special lunch for the children of Mavali Preschool, Karanavai on 28 August 2024.

### **11. Troops Assist Mahiyangana Raja Maha Vihara Procession**



Troops of 11 Infantry Division assisted the annual procession of Mahiyangana Raja Maha Viharaya on 17 September 2024.


### **12. Beach Cleaning Programme at Mannar**



Troops of 543 Infantry Brigade, along with its subordinate battalion, organised a beach cleaning programme at Pesalai Beach, Mannar, on 28 September 2024.



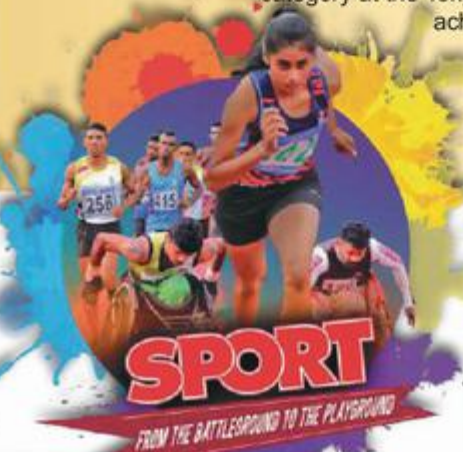
## Paralympic Games - Paris 2024

PARA ATHLETICS				
Men's JAVELIN THROW - F64				
RESULT - FINAL				
1	IND 	SUMIT <small>F64</small>	PR	70.59M
2	SRI 	DULAN KODITHUWAKKU <small>F44</small>	WR	67.03M
3	AUS 	MICHAEL BURIAN <small>F44</small>	SB	64.89M
4	IND 	SANDEEP <small>F44</small>	SB	62.80M
5	UKR 	ROMAN NOVAK <small>F44</small>	PB	61.04M
6	MAR 	ZAKARIAE EZ ZOUHRI <small>F44</small>		58.58M
7	IND 	SANDIP SANJAY SARGAR <small>F44</small>		58.03M
8	BRA 	EDENILSON ROBERTO FLORIANI <small>F42</small>	PR	57.99M
9	VAN 	KEN KAHU <small>F44</small>	PR	52.01M
10	USA 	DEREK LOCCIDENT <small>F44</small>	PR	47.58M



Warrant Officer II Dulan K A S of the Sri Lanka Corps of Military Police (SLCMP) achieved a silver medal in the men's F44 javelin throw setting a new world record with a throw of 67.03 meters under Men's F 64 category on 02 September 2024. With the new record he broke his previous world record installed under F 64 category at the Tokyo 2020 Paralympic Games. His performance stands as one of the greatest achievements by a Sri Lankan athlete in Paralympic history.

## International Judo Championships 2024 - Thailand



Sri Lanka Army Judo players showcased remarkable skills, winning both silver and bronze medals at International Judo Championship 2024 held in Bangkok, Thailand on 18 to 24 September 2024 with the participation of 15 countries.

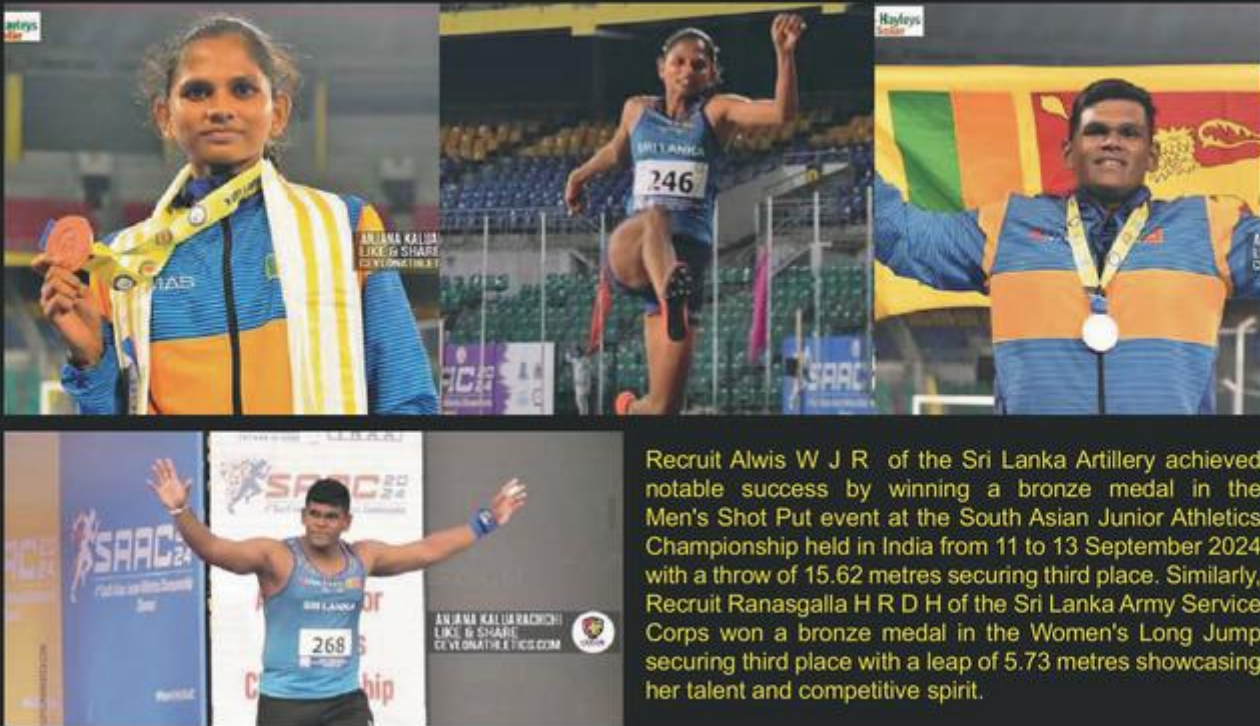
### Achievements

- Corporal Premarathna W A W P of 4 Sri Lanka National Guard – Silver Medal
- Lance Corporal Herath H M D A of 4(V) Sri Lanka Engineers – Silver Medal
- Private Marco M A M of 5 Sri Lanka National Guard – Silver Medal
- Infantryman Jayasundara D G C L of 10 Gajaba Regiment – Bronze Medal
- Private Pahath Kumbura K M S L B of 4 Sri Lanka National Guard – Bronze Medal





## South Asian Junior Athletics Championship - 2024



Recruit Alwis W J R of the Sri Lanka Artillery achieved notable success by winning a bronze medal in the Men's Shot Put event at the South Asian Junior Athletics Championship held in India from 11 to 13 September 2024 with a throw of 15.62 metres securing third place. Similarly, Recruit Ranasingha H R D H of the Sri Lanka Army Service Corps won a bronze medal in the Women's Long Jump securing third place with a leap of 5.73 metres showcasing her talent and competitive spirit.

## Sri Lanka Football Team Qualifies for AFC Asian Cup 2027



The Sri Lanka national football team marked a significant milestone securing their place in the final round of the AFC Asian Cup 2027 Qualifiers on 10 September 2024. The team clinched their spot with a 4-2 victory over Cambodia in the second leg of their playoff held in Cambodia. Infantryman Mohamed M J R of the Gajaba Regiment and Lance Corporal Madhushan A W S of the Gemunu Watch (psychotherapist) played crucial roles in this accomplishment earning the pride to their organisation.

## 37<sup>th</sup> World Sepaktakraw Tournament

Four male and four female players from the Sri Lanka Army represented the Sri Lanka National Sepaktakraw pool at the 37<sup>th</sup> World Sepaktakraw Tournament in Thailand, securing five bronze medals across eight categories. The tournament, officially known as the ISTAF World Sepaktakraw Championship 2024 held as part of the prestigious Thai King's Cup - a prominent event in the sepaktakraw calendar. The Sri Lanka Army Sepaktakraw Committee played a pivotal role in ensuring the success of the Army athletes, providing essential guidance, instructions, and administrative support.





## Inter-Regiment Triathlon Tournament



The Sri Lanka Army Inter-Regimental Triathlon Tournament was successfully held on 29 September 2024 near Chandrika Tank, Ambilipitiya. Nearly, 60 sports men and women took part in the Inter-Regimental Triathlon Tournament representing 12 Regiments. The triathlon included with a 750-meter swim, 20-kilometer cycling race, and 5-kilometer run. Colonel Commandant of Sri Lanka Medical Corps and Commandant of Defense Services Command and Staff College Major General D K S K Dolage USP psc, graced this occasion as the Chief Guest at the invitation of Major M J Salgado, Secretary of the Triathlon Sports Committee.

The Sri Lanka Artillery Regiment secured overall championship at the tournament showcasing their talent and Sri Lanka Electrical and Mechanical Engineers Regiment secured the second place.



## 13<sup>th</sup> Defence Services Games

### Sri Lanka Army Emerged Victorious in Tug of War

The 13<sup>th</sup> Defence Services Games (DSG) was successfully held at the Sri Lanka Navy Base in Punewa on 27 September 2024. Beating the other teams, the Sri Lanka Army won the Tug of War Championship. In the men's 640 kg weight class, Army competitors triumphed over the Sri Lanka Navy in the finals. Meanwhile, in the women's 560 kg weight class, Army players secured the championship defeating their Air Force counterparts. The teams representing Sri Lanka Army, Navy and Air Force took part in the event representing both genders and Sri Lanka Army team excelled in the event in both sections.







## Volunteer Force Inter Regiment Athletics Tournament

Inter Regiment Athletics Championship - 2024 of Sri Lanka Army Volunteer Force (SLAVF) was successfully held on 28 August 2024 at Diyagama Mahinda Rajapaksa International Stadium. Major General W P A D W Nanayakkara RSP VSV USP ndu, Commandant of the Sri Lanka Army Volunteer Force (SLAVF) graced the occasion as the Chief Guest.

Inter Regiment Athletics Championship - 2024 of SLAVF is the only sport event that organised per annum to improve the sport skills of the sports men and women serving in the SLAVF making their pathways to shine as the world class sports men and women. Number of sports men and women representing various regiments participated in this event enthusiastically.

Private Wijesooriya W A M R of 2 (V) of the Sri Lanka Army Women's Corps placed a new record in 35:00.42 minutes in 10000 metres. Also, Staff Sergeant Dilhani Lekamge who threw a national record at Javelin Throw at the Asian Athletics Championships in 2023 in Bangkok and attended the Javelin Throw for Paris Olympic Games in 2024 was awarded with a financial award as a token of appreciation by the Chief Guest.

Major General W G P Sisira Kumara RSP, Deputy Commandant – Sri Lanka Army Volunteer Force, Major General K A W N H Bandaranayake USP, General Officer Commanding, 14 Infantry Division, Officers and Other Ranks who represented the Sri Lanka Army Volunteer Force (SLAVF), Mr. Jagath Gnanasiri Silva, Vice President of the Sri Lanka Athletics, other sports officials and sports delegates took part in the event.







## 8<sup>th</sup> Canoeing and Kayaking Sprint National Championships - 2024



The 8<sup>th</sup> Canoeing and Kayaking Sprint National Championships 2024 organised by the National Association for Canoeing and Kayaking in Sri Lanka took place at the Yacht Club in Mandaitivu, Jaffna from 14 to 16 September 2024. Multiple clubs and teams, representing the Sri Lanka Army, Navy, Air Force, Seal Club, Universal Club, CINEC Club, and St. Bridget Club participated in the event. Competing across nine categories, the Sri Lanka Army emerged as the overall champions consecutively for the sixth time, securing 8 gold medals, 5 silver medals and 6 bronze medals.

## General Officer Commanding Basketball Challenge Trophy - 2024



The final match of the General Officer Commanding Basketball Challenge Trophy - 2024 organised by 6 (RFT) Regiment Sri Lanka Armoured Corps (SLAC) took place at 4 SLAC Basketball Court 01 September 2024. 10 teams representing under command Brigades and Battalions of 22 Infantry Division participated in the tournament which was held from 27 August to 01 September 2024. In an exciting finale, 6 SLAC emerged victorious with the 2 (V) Gajaba Regiment securing the runners-up position. Major General P A M Peiris RSP USP psc, General Officer Commanding of the 22 Infantry Division, graced the event as the Chief Guest.

## 11 SLSR Hosts Thrilling Inter-Battalion Football Tournament



The 2024 Inter-Battalion Football Competition hosted by the 11 Sri Lanka Sinha Regiment (SLSR) was held at the Regimental Centre SLSR on 09 September 2024. The championship title was secured by the 1 SLSR, while the runner-up position was claimed by the 21 SLSR. Brigadier C S Thibbotuge, the Centre Commandant of Sri Lanka Sinha Regiment, graced the occasion as the Chief Guest. Senior Officers, Officers and Other Ranks were present to witness the competition.





## Army Judo Championship - 2024

The Army Inter-Regiment Judo Championship 2024 was held on 25 September 2024 at the Army Indoor Stadium in Army Cantonment, Panagoda with the participation over 200 male and female competitors from 18 Army Regiments. The tournament featured under both team and individual categories based on weight classes.

The Gajaba Regiment dominated the championship, winning both the overall competition and the team events with a total score of 37 points, while the Sri Lanka Army Ordnance Corps secured the runner-up position with 29.5 points. In the novices' category, the Sri Lanka Sinha Regiment emerged as champions whereas the Sri Lanka Artillery Regiment earned the runner-up position. Also, Corporal Chinthaka E M N K of the Sri Lanka Army Ordnance Corps won the gold medal at the Men's Individual Championship - Open Event while Corporal Imesha W L A H of the Sri Lanka Army Women's Corps secured gold medal at Women's Individual Championship - Open Event.



## Inter Battalion Cricket Tournament - 2024



Inter Battalion Cricket Tournament – 2024 was successfully held at 56 Infantry Division - Kokeliya, Vavuniya. Team of Regimental Centre Sri Lanka Army Women's Corps (SLAWC) and the team of 2<sup>nd</sup> Battalion Sri Lanka Army Women's Corps fought in finals in the Inter Battalion Cricket Tournament - 2024 held at 56 Infantry Division, Kokeliya, Vavuniya. The Championship tournament was completed by 5 cricket teams inclusive of Regimental Centre, SLAWC, 1SLAWC, 7SLAWC, 2(V) SLAWC and 3(V) SLAWC respectively. During the grand finale between team of Regimental Centre, SLAWC and team of 2(V) SLAWC, Regimental Centre, SLAWC grabbed the championship.

Major General S Kasturimudali RSP ndc psc, General Officer Commanding of 56 Infantry Division and Colonel Commandant of Sri Lanka Army Women's Corps graced the final match as the Chief Guest on 21 August 2024. Troops of 7 SLAWC organised the event under the supervision of Major M P Sinharage SLAWC, Commanding Officer of the 7<sup>th</sup> Battalion Sri Lanka Army Women's Corps. Colonel B A T S K Basnayaka RSP USP IG, the Deputy Centre Commandant of the SLAWC, Senior Officers, Officers and All Ranks of battalions witnessed the finals.





BELLATOR



What did  
the janitor  
say when  
he jumped  
out of the  
closet?  
Supplies!

I told my wife  
she was drawing  
her eyebrows  
too high.  
She looked  
surprised.



## 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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# PACES COMPETITION 2024

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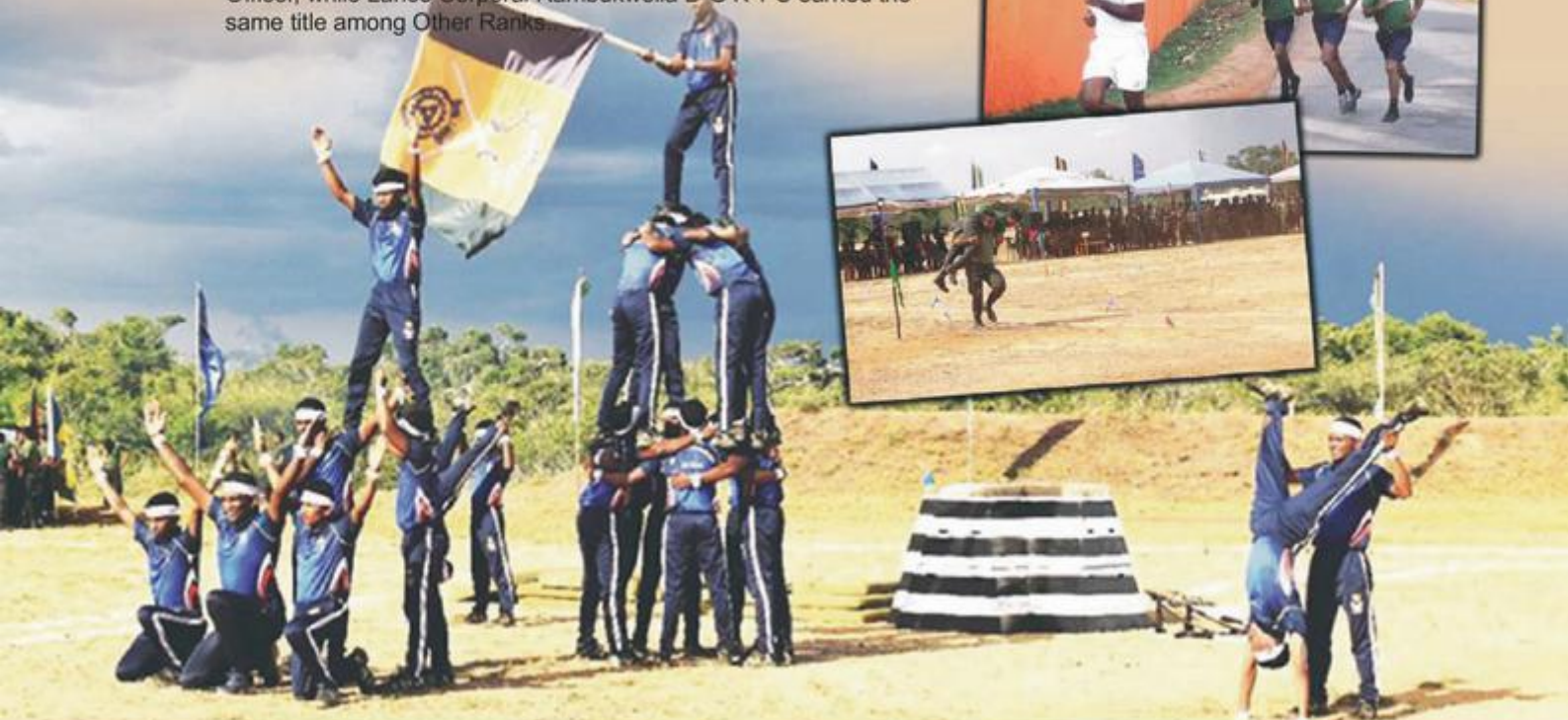


## PACES

### Competition 2024

The Physical Agility Combat Efficiency System (PACES) Competition 2024 was held at the Ampakamam Field Firing Range on 02 September 2024 under the guidance of Major General J P C Peiris RWP RSP ndc, Commander, Security Forces (Wanni) and directions of Major General S Kasturimudali RSP ndc psc, General Officer Commanding, 56 Infantry Division and with the supervision of Commander, 561 Infantry Brigade.

The competition included physical agility tests and combat efficiency tests. Troops from brigades and battalions under command to 56 Infantry Division participated in the competition. 12 Vijayabahu Infantry Regiment emerged as the champions pushing 11 Gemunu Watch for the second place. Second Lieutenant D S Egodagedara was named "Fittest of the Fit" Officer, while Lance Corporal Rambukwella D G K T S earned the same title among Other Ranks.

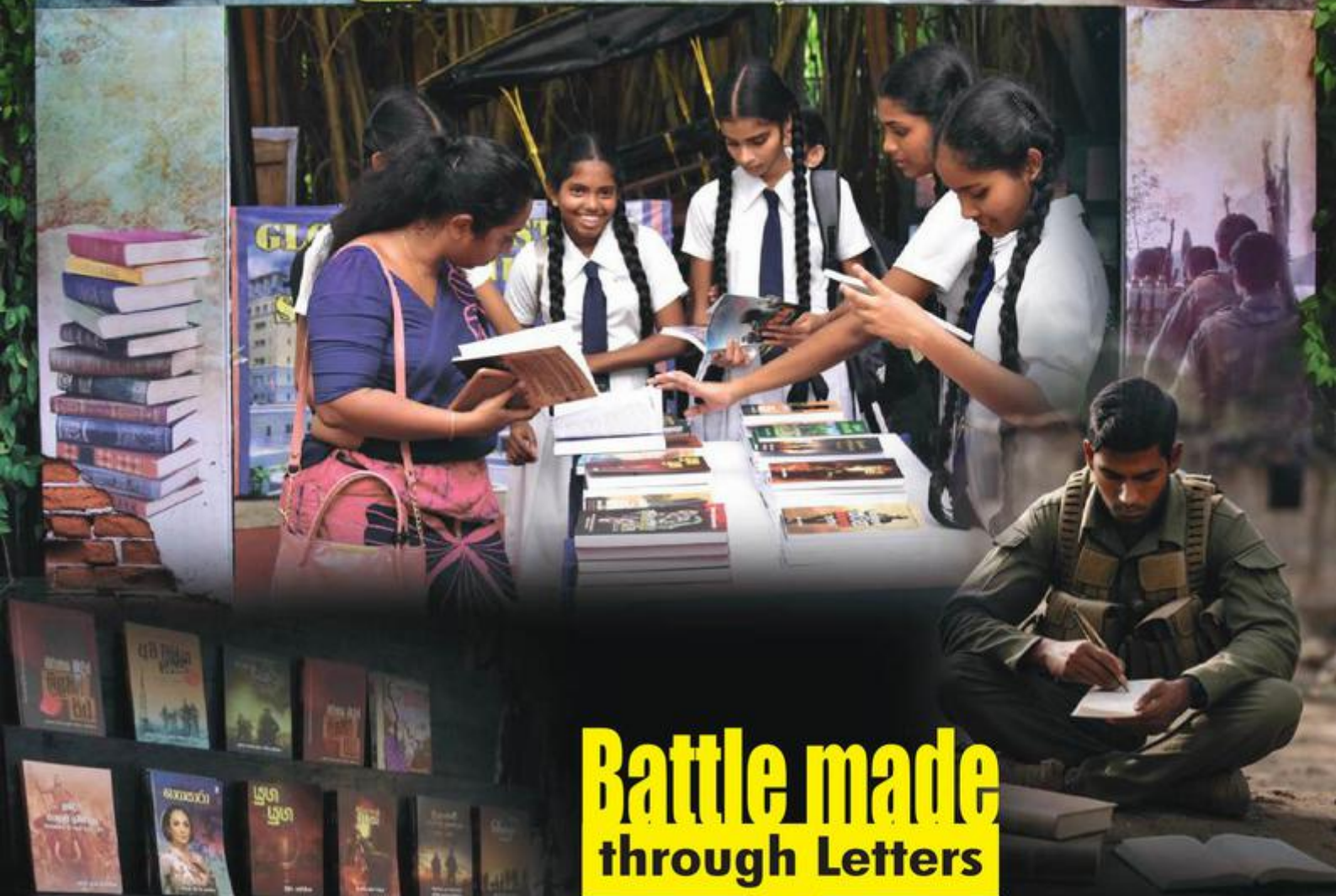






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## Battle made through Letters

Every soldier holds a treasure of honest memories of war - a collection of raw and true memories of his battles engaged. War literature whispers these untold truths creating a gentle connection among weaving hearts across the literature. In fields where battles waged, stories were penned in quiet. As bullets piercing flesh, letters pierce the soul. Though books are based on many themes, yet War Hero in them remains rare.

October arrives bringing spring of literature engaged with deep philosophical debates. However, are there a solace greater than reading a book ? War is not only firing and the Army is not only for battle. Among them, some lives of valour, demised, leaving stories for others to remember.

Ye shall not forget ! [that]

The War Heroes left a peaceful space, for all to write in safe.