



ARFRO MASTERMINDS COMPETITION - 2023

Message from Secretary Ministry of Defence

It is with great pleasure and enthusiasm that I join you in celebrating this prestigious event. The ARFRO Masterminds Competition holds immense significance, as it not only aims to improve reading skills but also strives to broaden the knowledge spectrum of our Armed Forces. With subjects encompassing Military History, Current Affairs, General Knowledge, Sports, and Science, this competition encourages participants to delve into the depths of these domains. The pursuit of in-depth knowledge in these areas is an essential requirement for our officers throughout their military careers.

I wholeheartedly commend each and every one of you for your dedication, passion, and tireless efforts in preparing for this competition. Your commitment to self-improvement and your thirst for knowledge are truly inspiring. Your participation in the ARFRO Masterminds Competition exemplifies the spirit of intellectual curiosity and excellence that we strive to instill in our Armed Forces.

As we embark on this



General Kamal Gunaratne (Rtd)
WWW RWP RSP USP
ndc psc MPhil

exciting journey together, I encourage you to embrace the spirit of creativity, collaboration, and healthy competition. May this event be a celebration of the incredible talent and intellect that exists within our military ranks. I wish you all an unforgettable and immensely successful ARFRO Masterminds Competition. May it be a source of inspiration, camaraderie, and personal growth for each participant. Let us continue to cultivate a culture of continuous learning, where knowledge is cherished, and excellence is celebrated.

Association of Retired Flag Rank Officers (ARFRO)

The Association of Retired Flag Rank Officers (ARFRO) in Sri Lanka came into being in 1996 as a result of an invitation from the Worldwide Consultative Association of Retired Generals and Admirals (WACARGA) to participate in their activities. Senior Officers from some 40 countries joined this association, which met occasionally to discuss matters of professional interest.

Four officers from Sri Lanka led by Gen JED Perera participated in the first ever meeting held in London in 1995. The others in the team were Gen SC Ranatunga, Major General CAMN Silva and Brig Upali Karunaratne.

Officers who have held senior appointments in all three services have a wealth of experience which will no doubt be of great value to the future generations of officers. The Association hopes to consolidate these views and have presentations at which serving officers are invited to be present and participate in these discussions. ARFRO also invites eminent personalities from varied and multi-disciplines to conduct presentations to its membership, serving officers of the tri-services and officer cadets. ARFROMC is a part of this initiative.

It is not the intention of ARFRO to interfere with or cut across the formal training given to officers. ARFRO is a professional body ready to advise when requested to do so. The second objective of ARFRO is to assist ex-servicemen and women and their dependents to live "free from want. Through the activities of the RFCSS where young war widows and their dependent children are counseled and

provided with many training programmes to enrich their lives. The RFCSS also arranges educational tours and pilgrimages for these groups.

ARFRO, held its 25th Annual General Meeting in May 2023 at the Regimental Officers' Mess, Sri Lanka Corps of Military Police. Former Service Commanders General C S Weerasooriya, Admiral D W K Sandagiri, Air Chief Marshal J Weerakkody, General RMD Ratnayake, and Air Chief Marshal G P Bulathsinghala graced the occasion. Over 75 Flag Rank Officers who are Life and Associate Members of the Association attended this year's AGM.

Further, ARFRO assists families and dependents of KIA/MIA personnel to live 'free from want', through the Ranaviru Family Counseling and Support Service (RFCSS). The assistance provided enables the families to realise that they are being cared for. We also award a few scholarships to selected needy children of these families on an annual basis.

ARFRO recognises that the journey of a veteran does not cease upon retirement and therefore we acknowledge and care about their well-being. The veterans have made an indelible mark on our nation, and their legacy will endure for generations knowing that they have made a difference that will never be forgotten.

ARFRO is also a member of the Organization of Professionals Association (OPA) of Sri Lanka and functions in close liaison with the Ministry of Defence and the three service Commanders.

The motto of ARFRO is "Pro Patria" which means "for one's country" in Latin.

Message from President - ARFRO



**Air Chief Marshal
Gagan Bulathsinghala (Rtd)**
RWP RSP VSV USP MPhil
MSc FIM ndc psc

importantly on general knowledge, and geopolitics, and stimulates continuous learning to keep abreast with the ever-changing evolutions of the world. We have designed the questions to challenge and engage participants, encouraging a healthy spirit of competition and a chance to learn from one another. Our esteemed panel of judges includes distinguished experts from various fields, ensuring fair judgment and maintaining the highest standards of integrity throughout the event.

Finally, ARFROMC 2023 can be used as a public engagement tool to raise awareness about the military's role, and achievements that would help to bridge the gap between the military and the civilian population to foster a better understanding. ARFRO envisages conducting this event annually in the future.

I congratulate the steering committee for their diligence in conducting the event and also thank the sponsors for the generosity extended. Let me also wish all competitors the very best for a healthy competition, ultimately contributing to the overall effectiveness and readiness of our military.

It gives me great pleasure to extend a warm welcome to all participants and spectators to ARFROMC 2023. This event is held after a lapse of five years. In our pursuit of fostering a culture of knowledge sharing and promoting camaraderie among the armed forces, we have conceived this event that will bring together the brightest minds from the Army, Navy, and Air Force. It is an opportunity to showcase the incredible talent and expertise that our dedicated servicemen and servicewomen possess beyond their duties.

It also provides an opportunity for officers to broaden their horizons

Message from Chairman - Steering Committee

It is with great pleasure I avail this opportunity to issue a message for the ARFRO Masterminds Competition - 2023 in which officers of Armed Forces compete with each other under the banner 'Unleash the Brilliance in You'. I am truly delighted, and it gives me a profound sense of pride to organize this event which is being held for the second time under the auspices of the Association of Retired Flag Rank Officers.

The necessity to organize a Masterminds Competition amongst Tri-Forces was a long felt requirement especially in an era where majority of military officers endeavour to obtain qualifications in diverse fields. These types of programmes are considered as very effective learning tools that will encourage participants to acquire knowledge and disseminate the same among others. Hence, ARFROMC - 2023 is held with the aim of creating different learning opportunities for members of Armed Forces whilst focusing on improving their reading skills and knowledge. I have endeavoured in earnest to conduct a competition that, in my opinion, is cherished by all concerned. Care has always been taken to preserve quality



Major General Upul Perera (Rtd)
USP MBA MSc PGDCPS
FIM FIAE FIMI MISMM

and values of conducting the event whilst achieving the objectives of the event.

Whilst paying my sincere gratitude to the Chief Guest for allocating his precious time to add value to this event and to the sponsors and well-wishers for their invaluable contributions, I would like to pay my gratitude to all participants, without whom the event would not have been a reality.

Finally, I wish that 'ARFRO Masterminds Competition' will be an icon of the Annual Calendar of Events of ARFRO in the future whilst creating a platform for nurturing and sharing a knowledge-based culture amongst the services.

Past Presidents



**General Deshamanya
J E D Perera (Rtd)**
(14.12.1995-25.04.2003)



**General
G H De Silva (Rtd)**
(25.04.2003 - 24.04.2004)



**Air Chief Marshal Deshamanya
P H Mendis (Rtd)**
(24.04.2004 - 28.04.2006)



**Admiral Deshamanya
DB Gunasekera (Rtd)**
(28.04.2006-30.04.2008)



**General
C S Weerasuriya (Rtd)**
(30.04.2008-21.05.2010)



**Air Chief Marshal
D C Perera (Rtd)**
(21.05.2010-25.05.2012)



**Brigadier
T S B Sally (Rtd)**
(25.05.2012-12.08.2012)



**Rear Admiral
H S Ratnakeerthi (Rtd)**
(12.08.2012-31.05.2019)



**Major General
L C R Goonewardene (Rtd)**
(31.05.2019-26.05.2023)

Ranaviru Family Counseling and Support Services (RFCSS)

The Ranaviru Family Counseling and Support Services (RFCSS) is an organization formed in 1988, affiliated to the Association of Retired Flag Rank Officers (ARFRO). The membership of RFCSS consists of families of servicemen killed in action during the three decades long conflict in Sri Lanka.

The RFCSS has a membership of over 3000 Ranaviru families and we have established six branches in Anuradhapura, Kurunegala, Kandy, Colombo Galle, and Matara respectively. In keeping with the objectives of the parent organization ARFRO, the RFCSS was formed to achieve the objectives covering the economic, social, and cultural needs of Ranaviru families by conducting the following activities:

- **Counseling:** Volunteers counsel the war widows and their families periodically at the regional level to improve their morale and confidence.
- **Education in self-employment:** Courses are conducted by experts who voluntarily train Ranaviru families on various self-

employment projects to earn additional income by utilizing their free time productively.

- **Educational Scholarships:** Ranaviru Children who excel in studies are provided with scholarships to further their higher education.

- **Medical Clinics:** Are conducted in collaboration with the Sri Lanka College of Military Medicine (SLCOMM)

The three Services have been extremely supportive in these activities by conducting outreach workshops. Funding and contributions are also made by a few donors and well-wishers. As the way forward, it is envisaged to establish four more branches targeting more Ranaviru families and also facilitating more access to Ranaviru Families. Hence, we earnestly request you to assist us by providing sponsorships and voluntary participation in our activities.

Please visit www.rfcss.org or contact us by e-mail at contactus1995.arfro@gmail.com for further information.

Executive Committee



**ACM Gagan
Bulathsinghala
(Rtd)**
(President)



**Maj Gen Lohan
Goonewardene
(Rtd)**
(Imdt Past
President)



**Gen Srilal
Weerasuriya
(Rtd)**
(Adviser)



**Maj Gen Susil
Chandrapala
(Rtd)**
(Vice President)



**RAdm Saman
Molligoda
(Rtd)**
(Vice President)



**RAdm Tony
Abeyasena
(Rtd)**
(Secretary)



**RAdm Sarath
Ratnakeerthi
(Rtd)**



**AVM Duncan
Dissanayake
(Rtd)**



**AVM Lal Perera
(Rtd)**



**Maj Gen (Dr)
Dudley Perera
(Rtd)**



**Maj Gen
Sujith Perera
(Rtd)**
(Treasurer)



**Maj Gen
Upul Perera
(Rtd)**



**Maj Gen Sumith
Padumadasa
(Rtd)**



**RAdm Palitha
Weerasinghe
(Rtd)**



**Maj Gen Renaka
Udawatte
(Rtd)**



**Surg RAdm
Nico Jayasekera
(Rtd)**
(Chairman-RFCSS)



**RAdm Rohan
Amarasinghe
(Rtd)**



**AVM Janak
Wanigatunga
(Rtd)**
(Asst Secy)



**AVM Kishan
Yahampath
(Rtd)**



**Air Cmdr Malathi
Gamachari
(Rtd)**



**AVM Elmo Perera
(Rtd)**
(Co-opted)



**Brig Rohan
Jayasinghe
(Rtd)**
(Co-opted)



**Maj Gen Ranjan
Jayasekera
(Rtd)**
(Co-opted)



**Brig Chandana
Boteju
(Rtd)**
(Co-opted)



**Brigadier Rahula
Wijewardana
(Rtd)**
(Co-opted)