

News Letter March 2019

Friends

**For
Life.....!**



INF SCHOOL MHOW

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Foreign Friends



MY COUNTRY

My Country is Sri Lanka. This is a beautiful island from the islands in the world. This is the case of the Asian continent Beyond India's south coast. This is called the pearl of the Indian ocean. Over 2500 years of history, Sri Lanka is full of scientific heritage. My Country is home to mixed nations. The main race is Sinhala and the language is Sinhala. Do they have their religions ? As the priority is given to Buddhism.

There are 65,610 Square Kilometers in my country. Its beautiful beaches, ancient monuments, good loyalty, wildlife, waterfalls and it is surrounded by more beautiful places and our own dance, music, painting and sculpture engraved art its full of stuff. Therefore, it is a land where thousand of tourists are sown.

As the main cultivation in my country, I cultivate paddy. Also all the coconut rubber is grown also there are mountain sanctuaries. The country is more beautiful. My country is divided provinces into nine. It has been allocated for twenty five districts. National sport is volley ball. The 2004 Tsunami and after the thirty year long civil war. The country has been restored to its Beauty. All my people in my country, they live in peace and happiness. My country is the Democratic socialist republic.

SGT SISRA KUMARA GJAS

SRI LANKA ARMY

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ANCIENT SIGIRIYA IN SRI LANKA

Sri Lanka was the first Asian country known to have a female ruler Anula of Anuradhapura. Sri Lanka monarchs undertook some remarkable construction projects such as sigiriya, the so called “Fortress in the sky” built during the reign of Kashyapa-I of Anuradhapura, who ruled between 477 and 495. The sigiriya rock fortress is surrounded by an extensive network of ramparts and moats inside this protective enclosure were gardens, ponds, Pavilions, Palaces and other structures.

The 1600 years old sigiriya frescoes are an example of ancient Sri Lanka art at its finest. They are one of the best preserved examples of ancient urban planning in the world. They have been declared by UNESCO as one of the seven world Heritage sites in Sri Lanka. Among other structures large reservoirs important for conserving water in climate with rainy and dry seasons and elaborate aqueducts some with a slope as finely calibrated as one inch to the mile are most notable Biso Kotuwa, a peculiar construction inside a dam is a technological marvel based on precise mathematics that allows water to flow outside the dam, keeping pressure on the dam to minimum.

SGT SAMAN KARMARA

SRI LANKA ARMY

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KAVA TRADITIONAL DRINK

Known as qaqona or simply grog in Fiji, Kava is a mildly narcotic drink made from mixing the powdered root of the piper plant (*Piper methysticum*) with water and results in a numb feeling around the mouth, lips and tongue and a sense of relaxation. For many Fijians, Kava is a link to their ancestral past and is the nation's traditional and national drink. The drink itself is thought to have medicinal qualities and legend has it that the ceremony surrounding Kava originated from Tonga.

Kava is available for purchase in most open-air markets in Fiji and many tours include the Kava ceremony as part of our itinerary. Kava is also given as a Sevusevu (Ceremonial gift) by guests seeking favour of a village chief and should be laid before him on arrival. This includes those visiting the village of Navai and wanting to climb Mount Tomanivi.

If you have the opportunity to take part in a Kava ceremony this is what to expect. The participants sit in a circle on the floor while a larger bowl is placed in front of the leader. The plant is pounded, the pulp placed in a cloth sack and mixed with water in a tanoa (bowl) where it turns a brownish colour. The leader strains the liquid and fills a small bilo (cup) to be presented to the drunk in one shot by the chief guest, who must clap once before and after swigging the Kava. The order of serving then continues from the most important guest down the ranks in order of status.

And the taste? Like sediment and slightly bitter and acquired taste!

SGT TIMOCI GAUNABALAVU

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THE REPUBLIC OF UGANDA

INTRODUCTION

The country called Uganda is a land locked country in African continental, it is bordered by Kenya in the East, Tanzania in the South, South Sudan in the North. Democratic Republic of Congo in the West and Rwanda in South-West.

HISTORY

Before the coming of Arab traders on the East African Coast, this land was occupied by various Kingdoms which used to have their leaders called Kings. But when Arabs came in from East-African Coast they started trading with them until the Europeans from Britain came in around 1877. Beside the occupance of British missionaries and explores. The British Indians were recruited to construct the Uganda railway but on completion many Indians decided to stay upto now they are still in Uganda and make a population of 4% of Ugandas and they are very friendly with the indige-nous Ugandans in terms of social, political & economical.

POLITICAL

Uganda got its Independence on 9th Oct 1962 from British Colonists and the current head of state is the Lt Gen YK Museven who took power in 1986 and he have been re-elected five times into the office of President.

CLIMATE

Uganda has a warm tropical climate with temperature ranges from 25 c to 29 c and it is one of the world's best tourist destinations due to its variety, types of wild life and other historical sites.

SGT MUGISHA FRANK

UGANDA

News Letter March 2019

Commemoration of Golden Jubilee Year of Indo Bhutan Diplomatic Relations

Commemoration of Golden Jubilee year of India Bhutan Diplomatic Relations was held on 01 November 2018 at The Infantry School, Mhow. The following events were conducted in Commemoration of Golden Jubilee year of India Bhutan Diplomatic Relations

Volleyball and Basketball Exhibitions Matches.

Volleyball and Basketball exhibition matches was conducted between Bhutanese students of Royal Bhutan Army and students of Indian Army. The players were felicitated at the end of the matches.

Cocktail. A cocktail was organized for the officers of Royal Bhutan Army at Infantry Mess and Non Commissioned Officers of Royal Bhutan Army at Sainik Institute. The mementos were exchanged between Indian Army and Royal Bhutan Army.

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Social Events

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Exchanging of Memento



Visit to Mhow Fort



Tea Party



Exchange of Memento



Best in Public Speaking



Training Activities

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Outdoor Exercise



During Squad Post Train-



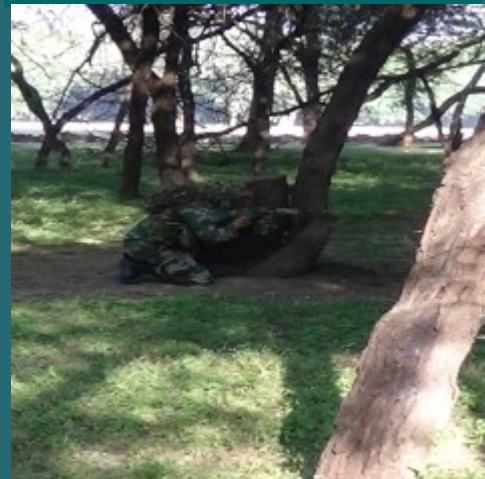
Familiarization With Mines



Bayonet Fighting



Field Craft/Battle Craft



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