

REPRODUCTIVE RIGHTS ARE HUMAN RIGHTS!

The term “reproductive health” was first adopted at the International Conference on Population and Development (ICPD) in 1994 and heralded a major shift in thinking and approach to population issues - from pure population control through family planning, to a much wider field encompassing not only fertility control but safe sex and pregnancy free from coercion, discrimination and violence.

Currently, FPA Sri Lanka is working on these key areas relating to upholding Reproductive Rights:

Enabling access to Sexual and Reproductive Health and Rights (SRHR) services and care with special emphasis on vulnerable communities.

Our mission is to ensure that women, girls and young people have access to modern contraception and reproductive care so that they can make informed choices about their sexual and reproductive health. Marginalised populations such as the employees of Industrial Zones are a key focus.

SOGIE (sexual orientation and gender identity and expression)

Sensitise policy and decision makers to reduce stigma, discrimination, and enhance equal access to services for all sexual minorities /communities. The current Penal Code in Sri Lanka, Sections 365 and 365A are used to criminalize homosexuality in Sri Lanka and we are advocating this law to be repealed.

Early and Child Marriage

We are working towards developing laws and policies that will enable the reduction of teenage pregnancies and early/child marriage. We are advocating reforms to the Muslim Marriage and Divorce Act (MMDA), so as to ensure that there is a uniform age of marriage of 18 years, for all Sri Lankan citizens.

Female Genital Mutilation (FGM)

FPA Sri Lanka denounces female circumcision in any form that is practiced on infants and children under the age of 18 years. We strongly believe that this practice violates Sexual and Reproductive Health and Rights of women and are advocating policy changes to ban FGM in Sri Lanka.

Abortion

Our focus is to eliminate unsafe abortions and expand the current service access to match the global minimum standards. We are advocating for an amendment to the current law on abortion to legalise abortion in instances of rape, incest, and fetal abnormalities.

Comprehensive Sexuality Education (CSE)

Far too many young people are placed in danger because they can not access sexual and reproductive health care, information and education they need. To address this need, we conduct CSE programmes island-wide for in and out of school youth, to equip them with the crucial life skills needed to protect their health, well-being and dignity. We believe that CSE can build a generation of women and men comfortable in their own skin; able to make well-informed, responsible decisions; form healthy relationships; and take care of their bodies.

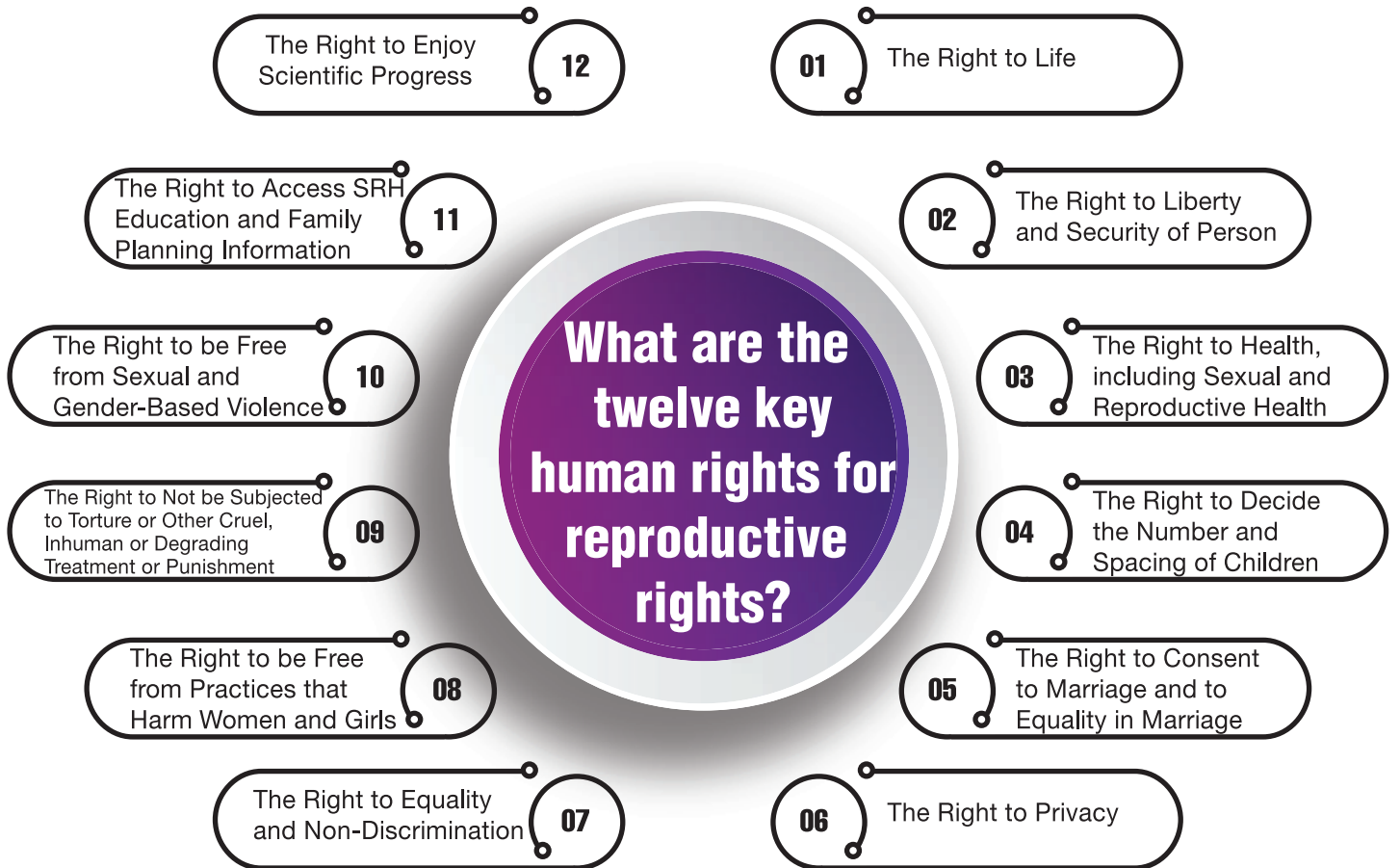
FP2020

The FP2020 recognises the economic and social benefits of investing in family planning. FPA Sri Lanka was appointed as a Civil Society Focal Point and the commitment is to increase the percentage of eligible families who have their need for family planning satisfied with modern contraceptive methods.

Sexual and Reproductive Health (SRH) services during Humanitarian crises

FPA Sri Lanka, through its ongoing collaboration with the Ministry of Disaster Management, the Disaster Management Centre and the District MoHs, work towards developing and strengthening the capacity of the organisations to be prepared to face and mitigate challenges during a humanitarian crisis. Also ensuring access to essential life-saving SRH services for children, women and marginalised communities, that include persons with disabilities and the LGBTIQ community.

DID YOU KNOW?



Source : www.reproductiverights.org

Investing in young women's leadership in Sexual and Reproductive Health and Rights

The right to Sexual and Reproductive Health (SRH) is essential to women's empowerment and gender equality, but many young women continue to face discrimination, coercion and violence in making decisions about their lives and reproduction. Many women cannot exercise their right to determine freely and responsibly the number and spacing of their children.

Just as no woman or girl should die during pregnancy and childbirth, no woman or girl should die from unsafe abortion. The best way to reduce recourse to abortion is to provide comprehensive sexuality education and family planning. Family planning, as part of comprehensive reproductive health services saves lives, enhances women's life options, and reduces poverty.

On the 17th of February 2019, a Training Programme was conducted for select young women leaders of Killinochichi, most of whom are community health workers, on the topics of Sexual and Reproductive Health and Rights, unsafe abortion and modern contraceptives. It was organised by the Advocacy Unit of FPA Sri Lanka and Women's Centre. Mr. Thushara Manoj - Senior Manager Advocacy and Youth and Mr. Thiveegabalan Chanthirakumar from Youth Advocacy Network Sri Lanka conducted the sessions at the event.



Taboo 2019



FPA Sri Lanka was invited to take part in Taboo 2019 organised by Pulse and Aura India on the 26th of January 2019. The event brought to the fore topics that have been hushed for far too long in Sri Lanka. Ranging from pre-marital sex to zero-waste menstruation to ending corporal punishment, Taboo addressed the unfathomable, the unspoken, and the “ugly truth”, all spear-headed by experts in each field.

Ms Thushara Agus, Executive Director, Ms Sonali Gunasekera, Director Advocacy and former Medical Director Dr. Yakandawala, were invited to be panelists to discuss the topics of contraception and pre-marital sex.



Way forward

Sri Lanka is a FP2020 focused country and in August 2018 Sri Lanka signed the FP2020 pledge with a commitment to increase the percentage of eligible families who have their need for family planning satisfied with modern methods, from 74.2% (DHS 2016) to 79% by 2025. In order to do this successfully Sri Lanka will need the involvement of key stakeholders, Government, Donors and Civil Society members.

FP2020 will proactively advocate for increased focus, support and resources for rights-based family planning, seek to inspire and strengthen the broad-based family planning movement, and champion the rights of women and girls to access high quality, affordable, modern contraception including young people and marginalised populations. Civil Society Organisations (CSO) play an important role in promoting the FP 2020 pledge. In order to discuss the FP2020 action plans for 2019 a meeting took place with the participation of 15 CSO's on the 14th of February 2019. The meeting was directed by Dr Sanjeewa Godakanda, Consultant Community Physician and focal point for Family Planning Programme at the Family Health Bureau.



FP2020 Training of Trainers (TOT) workshop

Organisations represented at the Planning meeting for Training of Trainers (TOT) workshop on FP2020 held on the 8th of February were FPA Sri Lanka, Praja Padanama, Dabindu Collective Sri Lanka, Stand up Movement Lanka and Women's Centre. From FPASL, Ms Sonali Gunasekera -Director Advocacy, Mr. Thushara Manoj - Senior Manager - Advocacy and Youth and Ms. Avanti Arsecularatna - Advocacy Campaign Manager participated.

FPA Youth Geared for 2019



The Youth Technical Advisory Committee members (YTAC) and the Advocacy Unit met to discuss and plan the activities for the upcoming year on the 10th of February 2019.

They plan to carry out:

- ✿ An online survey to understand youth attitudes towards LGBTIQ individuals/community/rights/affairs
- ✿ Conduct 1 on 1 interviews with LGBTIQ individuals based on a questionnaire to be prepared after results of the online survey are revealed
- ✿ Write and publish articles on Gender Based Violence (rape of male child, unsafe abortions, intimate partner violence, other forms of violence)
- ✿ Carry out a canvassing event on the topic of Eliminating Teenage Pregnancies



In conversation with, Ms. Snjezana Bokulic, Director (Performance Division), IPPF Central Office

Tell us a bit about your career background.

I've been working in human rights for more than 20 years. This has included using the international legal framework for the protection of human rights to advance change as well as building partnerships with and capacities of grassroots human rights organizations across the regions.

I have worked both for international non-governmental and intergovernmental organizations.

What does your current role at IPPF involve, as Director - Performance?

I am responsible for the Performance Division at the Central Office which covers the areas of Organizational Learning and Evaluation, Safeguarding, Governance and Accreditation, as well as, Social Enterprise.

What does it actually mean to be a social enterprise?

Different things to different people, I suppose. In my understanding it is about utilising businesses and business practices to advance a social mission. Or, as many of IPPF's Member Associations do, engaging in business activity to generate profits to invest in their core activity so that they advance their organizational mission.

How did you first become interested social enterprise?

As part of my business degree, a long time ago, I took a course on entrepreneurship. At a later stage, I did some research on how domestic legal frameworks enable social enterprise by non-profit associations

from a financial sustainability perspective. When I joined IPPF, the portfolio was not covered so I took it under my wing. The rest is proverbial history. With the Hub, we are looking to turn it into the future.

What would be your 3 pieces of advice to a MA embarking on a social enterprise venture?

1. Believe in yourself (and make sure you know what you are doing).
2. Have a sound and solid business plan.
3. Don't lose sight of your mission and values.

How do you foresee the Social Enterprising activity of IPPF in 5 years?

I have great hopes. It is already the case that Member Associations generate about half of their income from social enterprise. In five years, I would want to have a clear picture as to how this share will grow significantly. This will be supported by social enterprise capacity built or strengthened in a large proportion of MAs where social enterprise is feasible. There will be resources in place to support this growth and the Hub will become the point of reference for social enterprise in IPPF.

Social Enterprise (SE) annual meeting 2019



The Social Enterprise Acceleration Programme (SEAP) continues to be coordinated and managed by the FPA Sri Lanka team (FPASL) in collaboration with IPPF Central Office and the six

Regional Offices. The 2nd annual meeting of SEAP took place at the Mövenpick Hotel Colombo on 20th and 21st February 2019. The meeting delegation included representatives from

four Regional Offices, five Member Associations, IPPF colleagues from London office and the SE Hub (FPASL) facilitators. Two guest speakers facilitated a session on day two to provide an external take on impact investing and social entrepreneurship.

This meeting is a key intervention in the SE programme calendar. The concluded meeting was seen as a successful gathering as it brought together key stake-holders, regional advisers, beneficiaries and consultants to exchange information, brainstorm on the overall approach, discuss the projects and funding strategy, deliberate on future activities and a programme framework to take forward.

Condom marketing programme: knowledge exchange meeting



On site tour to FPASL stores section

The Social Enterprise Hub along with the Social Marketing Programme (SMP) team of FPA Sri Lanka facilitated a one day residential learning and knowledge exchange visit for a small delegation on 22nd February in Colombo. The meeting was a technical support intervention related to Social Enterprise and Technical Assistance Network funded projects.

The delegation included Lisa Locke, Senior Technical Advisor, Business Development & Income Diversification, IPPF Africa Regional Office, Una Ngwenya, Chief Executive Officer, BOFWA (Botswana), Eklou Akolly, Communication, Marketing and Resource Mobilization, ATBEF (Togo) and Daniel McCartney , Technical Adviser, HIV at IPPF CO. FPASL facilitators included -

Ms. Thushara Agus (Executive Director, FPASL), Mr. Suhail Junaid (Director Marketing, FPASL), Mr. Amila Gunasekara (Assistant Director Marketing, FPASL) and Mr. Rishikesh Thiyagaraja (Manager, IPPF Social Enterprise Hub).

Daniel attended the meeting as an observer and in his capacity of working on a key project connected to IPPF's Comprehensive Condom Programme.

During the course of the meeting, the delegates were introduced to FPASL's condom marketing framework, practices on branding and promotions, an on site tour of the operations and an off-site interaction with the pharmaceutical distributors. The forum also provided an opportunity for the Botswana (BOFWA) and Togo (ATBEF) MAs to share information on their market status on condoms and to date progress on research and business readiness. Recommendations and next steps were also agreed to ensure a collaborative approach with an aim to develop the two MAs social enterprise models.

Medicare National Healthcare Exhibition 2019



The Exhibition took place from the 1st-3rd of March 2019 at the BMICH and focused on introducing and promoting the latest advances in medical science and technology. Organised by Aitken Spence Conventions and Exhibitions in collaboration with the Ministry of

Health, it showcased the latest in modern healthcare, disease prevention, effective treatment methods, newest technology and latest services available in Sri Lankan hospitals and laboratories as well as the global medical sector.



On site tour to FPASL packing section

Whilst increasing visibility of the products and services rendered by FPA Sri Lanka to the community, the stall managed by the Sales and Marketing Programme (SMP) served as an awareness platform, through which those who visited the stall had the opportunity of obtaining information on family planning, sexually transmitted infections (STIs) and Sexual and Reproductive Health and care.



She Decides flagship event



The "She Decides" campaign is global movement calling on everyone to protect, enhance and fulfil the fundamental rights of women and girls to decide about their bodies, their lives, their futures.

Co-hosted by ARROW and the IPPF, the "She Decides" Day flagship event held in Nepal from the 1st -3rd of March 2019, received support from the Government of Nepal and United Nations Population Fund (UNFPA), as well as ARROW's local partner in Nepal, the Beyond Beijing Committee. It attracted around 200 participants representing governments, civil society, the development community and youth organisations from the Asia-Pacific region, alongside global leaders of the movement.

IPPF Director General Alvaro Bermejo expressed his excitement that IPPF was co-host to the event, saying: "It signifies the coming together of diverse personalities and organisations to support a movement for a world where every woman owns the right to do what she chooses with her body, her life and her future.

A world that is better, stronger and safer."

Ms. Desaree Soysa , FPA Sri Lanka's Youth Advisory Committee Chairperson attended this event and moderated a panel discussion titled "Changing the Rules".

South East Asia Regional Data Workshop



Mr Amal Bandara, the Assistant Director of FPA Sri Lanka's M & E Unit attended the South East Asia Regional Data Workshop from the 5th - 7th of February 2019 in Bangkok.

The workshop is a first step in a collaborative initiative between the Global Fund South East Asia (SEA) regional team and regional technical partners; UNAIDS World Health Organization (WHO), Global Malaria Programme, STOP TB Partnership and civil society aimed at identifying ways to support the strengthening of data systems, analysis, demand and use for impact.

IPPF Reframing Training



The two day training workshop organized by the IPPF South Asian Region office took place in Mumbai on the 7th and 8th of March and was conducted by Caroline Hickson, the Regional Director of the IPPF European Network

The interactive sessions comprised theory and practical examples and enlightening group activities that showcased ideas and tips on how to reshape/reframe the language we use and the stories we tell to enable effective communication of information to achieve sexual and reproductive health rights/care in the respective countries.

Participants were from the IPPF Member Associations of India, Nepal, Brazil, Argentina and Sri Lanka. Director Advocacy Sonali Gunasekera and Communication Officer, Natasha de Rosayro represented FPA Sri Lanka at this training programme.

Young Connectors of the Future leadership programme



YCF 2019 saw participants from Afghanistan, Bangladesh, India, Nepal, Pakistan and Sri Lanka join together, with ongoing training of three weeks in Sweden and one week in Sri Lanka. The collaborative partners comprised the National Peace Council of Sri Lanka, FPA Sri Lanka, The Good Market, Venture Frontier Lanka, Roar Media, and Act 4, Theatre for Change.

The interactive, two day youth workshop took place at the Taj Samudra Hotel (27th and 28th February 2019) and addressed contemporary social issues. The Advocacy Unit of FPA Sri Lanka participated by working with a group on modern contraceptive methods and family planning. The outcome of the discussion was presented on the final day of the event and was followed by a networking session at the Barefoot Gallery. The team will continue to work together to develop modern but educative information, education and communication materials on the subject that can be utilised for advocacy and communication related work of FPASL.

“Making a salient difference” A cognitive employee development programme



Encouraging the workforce to give off their best and commit to achieving organisational goals and objectives, is a major challenge faced by most business entities, today.

These tasks can be accomplished by way of cognitive development, alteration of behaviour and change of attitudes of the employees. “Making a Salient Difference” is a unique, comprehensive and a flexible employee development programme catering to this need of business organisations today.

Comprising discussion of seven important management concepts of (a) Effectiveness, (b) Efficiency, (c) Power, (d) Authority, (e) Responsibility, (f) Accountability, and (g) Productivity, which are aimed at influencing and changing the behaviour and the attitudes of the employees at work, this programme was conducted on the 22nd March by Dr. Ajith Colonne, an educator for the corporate sector and an esteemed volunteer, member of the Information, Education and Communication Technical Advisory Committee at FPA Sri Lanka.

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(Stress) මානසික පීඩනය

මෙයට ක්ලමටය කියලත් කියනවා. එය තමන් තුළම පවත්නා හෝ පරිසරයේ පවත්නා පීඩාකාරී තත්වයන් පුද්ගලයාගේ කායික හා මානසික තත්වයන් කෙරෙහි බලපෑම් ක්‍රියාවලිය ලෙස හැදින්විය හැක. නවීන මනෝවිද්‍යා පර්යේෂකයන් පවසන පරිදි ක්ලමටය යනු මානසික, හා කායික හා පරිසරමය දුෂ්කරතා හේතුවෙන් ඇතිවන මානසික තත්වයකි.

මානසික පීඩනය නිසා ශරීරයේ ක්‍රියාකාරීත්වයේ නොයෙකුත් වෙනස්කම් ඇතිවේ. බොහෝ විද්‍යාඥයන් මානසික පීඩනය ස්නායු වලට දරාගෙන සිටිය නොහැකි බව හා චිත්තවේග වැඩිවීම සමග සම්බන්ධ කරති. ඇමරිකාවේ මනෝ කායික ප්‍රතිචාර අක්‍රමිකා පිළිබඳ සංගමයේ වෛද්‍ය මේසන් (Mason) පෙන්වා දෙන ආකාරයට චිත්තවේග වැඩිවීම හෝ කැළඹුණ ප්‍රතික්‍රියා පීඩාවට අප්‍රසන්න හේතුවක්වී තර්ජනයක් බවට පත්වේ. මෙම ප්‍රතික්‍රියා ශාකවලට මෙන්ම සතුන්ටද බලපාන බව අමතක නොකළ යුතුයි.

මොනවද මේ ප්‍රතික්‍රියා ?

මාංශපේශී තදවීම
ස්වසන වේගය වැඩිවීම
රුධිර පීඩනය වැඩිවීම
මානසිකව නොසන්සුන්වීම
පීඩාව ඇතිකල වාතාවරණයට මුහුණ දීම පිණිස අපතල මේ ප්‍රතික්‍රියා ඇතිවේ.

මොනවද මේ වාතාවරණ ?

විවාහය ලැබූ නම්, විනාශය ලැබූ නම්, සිරුරේ යම් අසනීපයකින් පෙළෙන්නම්, ලිංගික ගැටළුවකින් පෙළෙන්නේ නම්, මුදල් ගැටළුවකට මුහුණ දී නම්, යම් සුවිශේෂ ගැටළුවකට මුහුණ දෙමින් සිටිනම්, නිර්ණායක ගැනීමට අපහසුව සිටිනම්, පුද්ගල පෞරුෂයන් අනුවද කෙනෙකුට පීඩාව ඇතිවන වාතාවරණය තව කෙනෙකුට එසේ නොවිය හැකිය. නැතහොත් පුද්ගලයා අනුව

එකම වාතාවරණයකට වුවද දැනෙන පීඩනය වෙනස් විය හැක. අප සම්පූර්ණයෙන්ම විවේකිත නින්දේ සිටින වේලාවක වුවද යම් මානසික පීඩනයන් පැවතිය හැක. මානසික පීඩනයන්ගෙන් සම්පූර්ණයෙන් නිදහස් වන්නේ මරණයේදීය.

ජීව විද්‍යාත්මක ප්‍රවේශයන්ට අනුව (Biological) ශරීරයේ ක්‍රියාකාරීත්වය ඉහළ නංවන ශාරීරික තත්වය ක්ලමතයයි. කිසියම් කාර්යයන් කිරීමට උත්තේජනයක් ජනනය කිරීමට සමත් ක්ලමත තත්වයන් පැවතීම ප්‍රයෝජනවත්වේ. කෙසේ වෙතත් යම් පුද්ගලයෙකුට කිසියම් අනතුරක් වටහා ගත් විටෙක ස්නායු පද්ධතිය අන්තරාසර්ග ග්‍රන්ථි පද්ධතිය ක්‍රියාත්මක වී අක්‍රමණිකයාට මුහුණදීම, පහරදීමට හෝ ඉන් පලායාමට පෙළෙබේ. දිගුකාලීන පර්යේෂණයකින් පසුව හැන්ස් සෙල්ලේගේ (Hans Selye -1956) මානසික පීඩනයට හැඩගැසීමේ පියවර 3ක් ඉදිරිපත් කරන ලදී. General Adaptation Syndrome මේවා මානසික පීඩනයේ කායික විද්‍යාත්මක ලක්ෂණ වශයෙන් සැලකිය හැකිය. (Biological Stress Syndrome)

1. අනතුර ඇඟවීමේ ප්‍රතික්‍රියා (The Alarm Reaction)
මෙහිදී ශරීරයේ වෙනස්කම් දක්වයි. මානසික පීඩනය වඩා බලවත් වනවිට දරා සිටීමේ මට්ටම ඉක්මවයි.
2. මුහුණ දීමේ අවධිය (දරා සිටීමේ අවධිය) (The State of Resistance)
මේ මට්ටම ක්‍රමයෙන් නැතිවේ. දරා සිටීමේ මට්ටම සාමාන්‍ය මට්ටමට වඩා ඉහළ යයි. නමුත් වෙනත් රෝග කාරක ඇතුළු වුවහොත් ඒවාට පහර දීමට අභ්‍යන්තර පීඩනයට දිගුකල් මුහුණ දීමෙන් ශරීරය එයට හැඩගැසුනත් අවසානයේ ශාරීරික ශක්තිය නැතිවේ. (The State of Exhaustion)

3 අනතුර ඇඟවීමේ ලක්ෂණ නැවත ඇතිවේ.
මෙහිදී අනතුර ඇඟවන අවධියේදීම ක්ලමටයෙන් මිදීමට පියවර ගැනීම කෙරෙහි සැලකිලිමත්වීම ඉතා වැදගත් බව මින් පැහැදිලි වේ. දිගු කලක් පීඩාව පවතින විට එක්රැස්වන විට පහත ගැටළු තත්වයන් උදාවේ.

- චිත්තවේගික ගැටළු, බිය, කේන්ද්‍රිය, කළකිරීම් ආදී හැඟීම් වැඩි පුර ඇතිවන තත්වයන්
- වර්ග වෙනස්වීම්, චිත්තවේග ගැටළු සමගම සේවා කටයුතු වල, සම්බන්ධතා වල ගැටළු ඇතිවීම, වරදින ප්‍රමාණය වැඩිවීම, ලිංගික ගැටළු ඇතිවීම.
- පීඩාව මගින් ඇතිවන රෝගී තත්වයන් හිසරදය, මිශ්‍රේන්, හෘද රෝග, ඇඳුම ඇඳ නොහැකිකතා, ලෙඩකට ලෙඩක් නැති රෝගී තත්වයන්.

මොනවගේ අයටද පීඩාව නිසා ගැටළු ඇතිවන්නේ ?

- පොදුවේ ගත්තොත්,
- ගොඩක් හිතීන් කරදර වෙන, හිතන අය
 - කලබලේට, කෙටිකලකින් හදිස්සියට දේවල් කිරීමට පුරුදු අයට
 - අධි තරගකාරී අයට
 - තමා මඳී යැයි තමාගෙන් වැඩි පුර අපේක්ෂා කරන අයට
 - හැම දේම කිරීමට භාර ගන්නා, එපා, බැහැ, නැහැ කීමට අමාරු අයට
 - අවශ්‍යතා ඉල්ලා සිටීමට අමාරු අයට
 - නිතරම වැඩ රාජකාරි පමණක් හිතන කරන , දින වර්ගාවේ විනෝද, සැහැල්ලු වීමට, ව්‍යායාම ලැබීමට අවස්ථා නැති අයට

පීඩාව ජය ගැනීමට ඔබට මෙසේ සිතීමට සහ යෙදීමට අවශ්‍යයි. (Overcome Stress)

- ජීවිතය දෙස ධනාත්මකව බලන්නට හුරුවීම
- අනවශ්‍ය චිත්තපීඩා බැහැර කිරීම
- සිත සතුටු කරවන ක්‍රියාකාරකම්වල යෙදීම
- යහපත් ජීවන රටාවක් ගොඩනගා ගැනීම
- විනෝදශීලී වීම /විහිළු තහළු කිරීම/ ක්‍රීඩාවක යෙදීම
- සමබල පෝෂ්‍යදායී ආහාර ගැනීම
- සරල ශාරීරික ව්‍යායාම වල යෙදීම උදා: ඇවිදීම, දිවීම
- මානසික පීඩාව ඇතිවන අවස්ථා කල්තියාම පීඩාව ඇති නොකරන අවස්ථා බවට පත්කර ගෙන ක්‍රියාත්මක වීම. හැමදේම එකවර කිරීමට නොයන්න. කිරීමට ඇති වැඩ අතරින් පළමුව කලයුතු දේ තෝරා එය පළමුවද ඊලඟට එක දෙවනුව වශයෙන් කරන්න.
- වර්තමානයේ ජීවත්වීම.
- දිනකට පැය 7, 8, ක් නින්දා ලබාගන්න.

හදා උඩවත්ත
ආලෝකය - නියෝජ්‍ය අධ්‍යක්ෂක

Comprehensive Sexuality Education in Sri Lanka - the need of the hour!



Contrary to what opponents of sexuality education often claim, CSE is not just about sex. When delivered well, it promotes health and well-being, respect for human rights and gender equality, and empowers children and young people to lead safe and productive lives. Notably, it teaches that all forms of gender-based violence is wrong, and a violation of human rights. Young people not only learn how to recognise and stay away from all forms of gender-based violence, but also learn how to prevent it, to not perpetrate it, and know where to get help. They also learn essential life skills such as empathy, negotiation, decision-making and critical thinking, encouraging them to question social and cultural norms that support unequal gender and power structures, which often lead to violence. Through our Service Delivery Points located island-wide, CSE programmes are delivered for, in and out of school youth. A schedule of the CSE programmes conducted by our SDPs appears below.

Avisawella

Vocational Training Institute Avissawella
Skills Management Institute in Gampaha

26th - 28th of February
23rd - 25th of January

Koggala

Vocational Training Institute Hikkaduwa

27th February - 1st March

Batticaloa

BT/KK/Kalkudah Namagale Vidyalayam
BT/KK/Pethalai Vipulananda College
BT/KK/Kaluvenkany Vivekananda Vidyalayam
BT/KK/Valaichenai Hindu College
BT/KK/Karuvakeny Vigneswara College
BT/KK/Kinniyady Saraswathi Vidyalayam

Female Students	Male Students
09 th - 11 th of February	23 rd - 25 th February
09 th - 11 th of February	23 rd - 25 th February
26 th - 28 th of Feb	
16 th - 18 th of March	
16 th - 18 th of March	
16 th - 18 th of March	

Volunteer Health Assistant (VHA) training

VHA's are change makers within their own communities. They create trust between communities and their health systems and remove key barriers patients face in accessing care.

Their primary responsibilities include mobilising the community towards accessing services at mobile camps, spreading awareness about SRH care and services, providing contraceptives and referring clients to the FPASL clinic.

The FPA Suwa Sewa Centres in Batticaloa, Seethawaka and Ampara

conducted multiple, two day training workshops for VHAs at their respective Centre's.



Reaching those whose needs are the greatest



At Jay Jay Mills, Avissawella on the 8th of March in commemoration of International Women's Day.

Our goal is to ensure that all people, everywhere, have access to high quality care and information. Through medical camps/mobile clinics, we support those who are socially excluded and/or have limited access to services.

These are special outreach activities undertaken by the Service Delivery Points to take the services to the people themselves. They are usually held in remote rural regions, in areas of urban poverty, under-served and hard to reach areas. Family planning /contraceptive services, STI screening and cancer screening services, ante and post-natal check-ups and general health check- up services are provided.

A key focus group for our service delivery through such clinics are the young people employed in Sri Lanka's garment industry, who migrate from rural areas of the country seeking economic opportunity. These mostly female garment workers represent a significant proportion of the country's labour force, as well as a substantial segment of the population of young women of reproductive age. For those women who successfully find jobs in a factory, the resulting moderate wages and long hours, and sometimes difficult conditions can limit the time and/or resources available to maintain their health and well-being. In addition, due to inadequate knowledge of important

aspects of sexual and reproductive health, these workers struggle to access quality, affordable and confidential health services.

Clinics were conducted at ;

Koggala

Flintec (Pvt) Ltd - 12th of January.

Ampara

Kotavehera Vidyalaya - 2nd of February.

Namalthalawa Health Centre - 25th of February.

SRH/STI/HIV awareness programmes

The aim of the Association in establishing Service Delivery Points in strategic locations Island-wide is to increase access to quality Sexual and

Reproductive Health services. This was one of the main purposes behind deciding to commence operations just outside the Seethawaka Export Processing Zone that provides employment to thousands of youth, living far from their hometowns.

Factory employees are low income earners, and are dependent on the factory for addressing their needs. These workers do not get an opportunity to access information and facilities especially healthcare making them vulnerable to STI's and unintended pregnancies. Such awareness programmes provide accurate information and education on sexual and reproductive health, contraceptive methods, prevention and treatment of HIV/AIDS and other sexually transmitted infections and also deals with topics relating to gender equality and gender based violence. The problem with most STDs is that they can occur symptom-free and can thus be passed on during unprotected sexual intercourse. Such programmes highlight the importance of preventing, testing for, and treating STDs. It also links young people to STD testing services, and promotes a more open dialogue with partners and health care providers.

Programmes were held in Avissawella BOI Zone

Orit Apparels Lanka (Pvt) Ltd
31st of January

Hirdaramani Factory
04th of March



Sex and the Heart

Erectile dysfunction (ED), also known as impotence, is the failure to get an erection or keep an erection long enough for sexual intercourse. This is a common condition with more than 40% of the men over the age of 40 years suffering from it.

International experts have urged all men experiencing impotence to undergo thorough medical assessments, after it was shown that a significant proportion of men with erectile dysfunction exhibit early signs of coronary heart disease. A significant number of these men can be sufferers of heart attacks, if their risk factors are not corrected. Unfortunately, most Sri Lankan men do not seek medical help for impotence and lose the opportunity to correct risk factors for heart attack as well as the opportunity to improve their sexual lives.

Risk factors for erectile dysfunction

Diabetes, high blood pressure, obesity, sedentary life style, smoking, excessive alcohol intake, imbalanced hormone levels, injuries related to brain or spinal cord, drugs like antidepressants, tranquilizers and psychological issues can cause erectile dysfunction. In younger men erectile dysfunction is often due to psychological factors. It is important to identify the cause of the problem as many causes are treatable. If erectile dysfunction is due to psychological factors, it does not usually indicate underlying heart disease. However, longstanding untreated erectile dysfunction,

irrespective of its cause can lead to depression which has shown to be a risk factor for heart attack.

Erectile dysfunction predicts coronary heart disease

Studies have revealed that up to three quarters of all men with consistent ED can expect to suffer a heart attack or stroke within five years.

Among many studies looking at the association between ED and heart disease a prominent study was conducted by Dr. Bohm and colleagues, who investigated 1,519 men with coronary heart disease from 13 countries. This study clearly showed that erectile dysfunction is closely associated with an increased risk for all-cause deaths, as well as cardiovascular death, myocardial infarction (heart attack), stroke, and hospitalisation for heart failure.

The link between the two conditions could be due to atherosclerosis, a systemic condition where plaque builds up inside the arteries, leading to restricted blood flow. All arteries can become clogged, due to high cholesterol, raised blood pressure, smoking, obesity or diabetes, but because those in the penis are so small - 1 mm to 2 mm in diameter - they are affected a lot sooner than those in the heart, which are 3 mm to 4 mm wide. This theory may underpin the findings that men with erectile dysfunction seldom report overt symptoms of coronary artery disease,

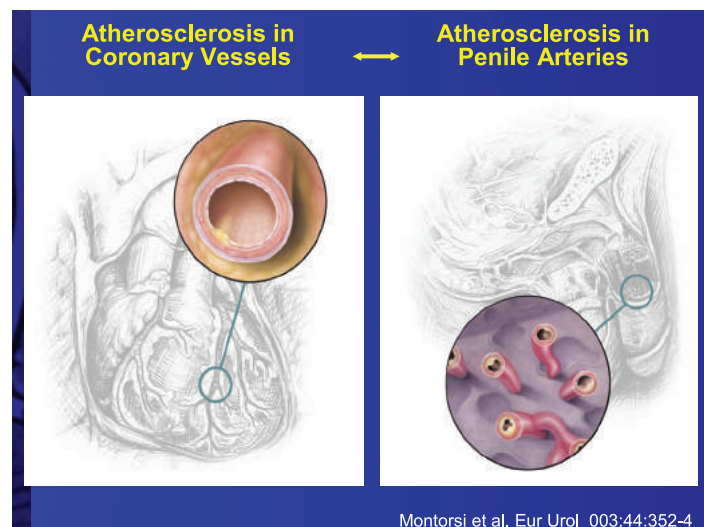
but those with coronary artery disease often report pre-existing erectile dysfunction.

Action needed

Recognising the relationship between ED and coronary artery disease will improve and save lives. That is why wider awareness of the links is essential. This is especially relevant to Sri Lankans who are at a higher risk of diabetes and coronary heart disease. All men should avoid risk factors for erection as well as heart disease from their young days. Smoking and excessive alcohol should be avoided. Regular physical activity will help prevent diabetes, higher cholesterol and high blood pressure reducing the risk of erectile dysfunction and coronary heart disease. Those who have a family history of diabetes should take extra effort to take regular exercise and calorie restricted diet.

Those who experience problems with erection should seek medical help in order to identify and correct the risk factors as well as to treat the condition. Now there are effective medications for ED. With proper medical management and life style modification, future risk of a heart attack, can be reduced significantly. Treatment for Erectile dysfunction and special precautions needed for a patient with heart disease will be discussed in the next issue.

Dr. Lasantha Malavige
MBBS (Col), DIPM (Lond), PhD (SJP)
Clinical Sexologist



Training programme on Gender Based Violence (GBV) fundamentals for stakeholders



A three day workshop took place from the 6th – 8th of March at the FPASL auditorium for the SPRINT project stakeholders. Facilitated by Ms. Maria Holtsberg, (Gender and Inclusion Adviser) and Ms. Sara Ekenbjorn, (Youth and Inclusion Adviser) from the IPPF Humanitarian Hub, the objective of this workshop was to build capacity/knowledge of SPRINT stakeholders and Disabled Persons Organisation representatives on GBV case management and referral mechanisms.

Representatives from the Ministry of Women and Child Affairs, Disaster Response and Preparedness Unit, Ministry of Health, Preventive Medicine and Mental Health Unit, SL Army, Sri Lanka Police Department, Disaster Management Centre, National Transgender Network and FPASL staff also participated in this workshop.

The SPRINT project provides one of the most important aspects of humanitarian assistance that is often forgotten when disaster and conflicts strike. Ensuring access to essential life-saving SRH services for women, men and children in times of crises, a time when services are most needed yet not prioritised or recognised by key humanitarian responders, SPRINT delivers practical solutions for girls and women, trains humanitarian workers to deal with pregnancy, childbirth, reproductive health and the aftermath of rape and violence.

Besides working to ensure emergency humanitarian programmes in the field to respond to such needs, SPRINT engages in political processes, working towards raising awareness, strengthening coordination, and building capacities for ensuring preparedness of SRH services during emergencies.

Communication Training



Ms. Nerida Williams, Senior Communication Adviser of IPPF Humanitarian Hub conducted a training on communication methods for select staff of FPASL involved in Advocacy, healthcare provision, counseling and communication. Women's need for reproductive health care should be a priority in a crisis. Women and girls become more vulnerable to health risks such as HIV/AIDS, pregnancy complications and sexual violence during such times.

Using effective communication tools and how content is written and portrayed plays a major role in raising awareness and providing vital information to the general public on the need for reproductive health care in times of emergencies.

Training on IPPF service statistics definitions

This training was conducted for the M & E team and staff who are involved with service statistic data reporting and utilization at our Head Office and at the Service Delivery Points located island-wide. This guidance will enable increased effectiveness in service delivery, evidence-based decision making and improving accountability through monitoring and evaluation.



Training was conducted on the 26th of January 2019 by Dr. Aatur Rahman (Director - Programme, and OLE) and Mr. Suchira Suranga (Senior Technical

Advisor - OLE) at the IPPF South Asia Regional Office.

Monitoring and Evaluation Information Management System (MEIMS) upgrade



Data management is an integral part of Monitoring and Evaluation. FPA Sri Lanka developed and implemented a Monitoring and Evaluation Information Management System (MEIMS) across FPA Sri Lanka in 2011 and it has been a smooth operating process since then. Going a step ahead, FPA Sri Lanka Monitoring and Evaluation unit with technical support from IPPF South Asia Region Office (IPPF - SARO) integrated MEIMS with DHIS-2 application. Consequently IPPF - SARO and HISP India conducted a two day training on DHIS - 2 for the Service Delivery Point Managers. Mr. Rajeev Ragta (Chief Technological Officer, IPPF - SARO), Mr. Suchira Suranga (Senior Technical Advisor - Organizational Learning and Evaluation), Mr. Sumit Kumar Tripathi (Senior Project Coordinator, HISP India) provided technical support during this initiative.

DHIS2 Analytic Tools Academy- 2019



Mr. Amal Bandara, Assistant Director - M & E Unit and Mr. Sanjeewa Chandrasekara, Assistant M & E officer -GFATM Project participated in the DHIS2 Analytic Tools Academy - 2019 held at Marino Beach Hotel, Colombo from the 4th - 9th of March, 2019.

The Academy was conducted by HISP Sri Lanka and University of Oslo to:

1. Promote the use of information systems as a tool for decentralized program management.
2. Provide participants with a thorough understanding of data use (mining and visualization) mechanisms in DHIS 2.
3. Impart data-use best practices and to provide real-time experiences using data to make decisions.

Unique Identifier Code (UIC) Feasibility finding dissemination meeting



Continuous monitoring of coverage indicators is an important aspect of any HIV prevention programme for key populations (KPs). The majority of coverage indicators involve the use of programme data and population size estimate percentage levels of coverage. As such most of the programme data requires to be distinguished between the number of clients accessing a service (or package of services) and the number of client contacts for that service.

Dr Yamin was chosen as a consultant for the assignment on Development and Pilot Testing of the UIC to measure coverage indicators for HIV prevention programmes in Sri Lanka in 2018. Specific areas of support were provided by Dr. Virginia Loo.

FPA Sri Lanka conducted a feasibility study for UIC in two districts for Female Sex Workers (FSW), Drug Users (DU), Men who have sex with Men (MSM) in Kandy, and Beach Boys (BB) in Gampaha from October to December, 2018.

The meeting held on the 22nd of January provided the opportunity to disseminate the feasibility findings to FPA Sri Lanka's partners of the Global Fund HIV Prevention Project that included the National STD/AIDS Control Programme (NSACP), of Ministry of Health.



4. Provide participants a thorough understanding of data quality monitoring tools and mechanisms.
5. Define core system structures that need to be in place for any information system.

FPA Sri Lanka as a reputed and result oriented Non - Governmental Organisation is responsible for accountability and transparency of its activities and objectives. Our Monitoring & Evaluation Unit is involved in continuous strengthening and development of the M&E culture/capacity within the organisation by facilitating / training staff who are responsible for the M&E processes.



New Projects

FP2020

Civil Society Programme April 2019 - March 2022

In spite of its wide reach, the unmet need of family planning in Sri Lanka indicates that there are certain vulnerable populations that remain unreached, without adequate access to information and modern contraceptive services particularly youth, older women, urban and working women. This project aims to involve, Civil Society Organisations, (CSO's), religious leaders, youth, working women, and urban low income women to collaboratively strategise on a family planning rebranding strategy, and increase awareness and usage of modern contraceptive methods. Working alongside a coalition of CSOs, FPASL's mission is to drive progress in planning and implementation of the country's FP2020 goals. FPASL will be focusing its efforts in 4 provinces of the country - the Southern, Central, Eastern, and Northern, as mandated by the donor organisation- UNFPA.

Objectives of this project:

- Collaboratively strategise on a family planning rebranding strategy
- Increase awareness of modern contraceptive methods
- Develop an advocacy strategy to promote modern contraceptive use
- Promote a rights based perspective in family planning
- Utilise widespread private sector networks in family planning service delivery

FPA Sri Lanka will focus its efforts in the Southern Province from April 2019 - March 2020, in the Central and Eastern provinces from April 2020 - March 2021, and in the Northern Province from April 2021-March 2022

Australian Federation of Aids Organisations (AFAO) 2019 to 2021



From left to right:

- Michael McGrath**
Dr. Dayanath Ranatunga
National Coordinator, LINKAGES Sri Lanka and FHI360 representative
- Greg Gray**
Country Lead, SKPA Program Australian Federation of AIDS Organisations
- Nadika Fernandopulle**
GFATM Project Manager
- Sonali Gunasekara**
FPASL Advocacy Director
- Avanti Arsecularatne**
Senior Manager Advocacy
- Dr. Subash Chandra Ghosh**
FHI360 Technical Advisor

We are one of the recipients of the Global Fund multi-country grant to support the sustainable scale-up of HIV services for key populations in Asia: This eight-country Global Fund grant will be covering Bhutan, Papua New Guinea, Timor Leste, Malaysia, Philippines, Laos, Mongolia, and Sri Lanka.

The grant aims to promote sustainable services for key populations at higher risk of HIV exposure including sex workers, men who have sex with men, transgender people and people who use drugs, in the Asia region.

The grant will build on existing Global Fund-supported programs in country and multi-country grants for key populations as well as focus on developing strategies to promote the scale-up of necessary interventions and their long-term financing in each country to:

- Secure up-to-date strategic information, particularly on key epidemiological and response information including population size estimates and programme coverage, community needs assessment of key populations to inform programme design;
- Scale-up outreach to key populations and improve their access to prevention, testing and

treatment and retention in the service cascade;

- Strengthen community responses and systems to support increased scale-up of services for key populations;
- Strengthen community advocacy for the sustainability of community-led and community-owned services through community-based research, effective use of data and other strategic information and through community mobilization;
- Address barriers to access including addressing stigma and discrimination and other human rights- and gender-related barriers to services, where relevant;
- Secure the long-term sustainability of increased service delivery at national level through securing domestic investment and spending, exploring innovative approaches and identifying alternative sources of funding for key programmes.

The objectives of the initial in-country visit by AFAO team was to:

- Introduce the key aspects of the programme to FPASL, key stakeholders and technical partners
- Review and refine activities of the multi-country grant
- Develop and agree on sub activities and budget per activity

- Meet with key stakeholders to align activities with national strategies (prevent any duplication of activities)
- Discuss M & E performance framework, including work plan tracking measures (WPTM)
- Develop timelines for activity implementation

A series of consultative meetings took place from the 11th- 15th of March 2019 with FPASL staff working on the project, NSACP, the Country Coordinating Mechanism (CCM) of Sri Lanka, Family Health International focal points and representatives of Asia-Pacific regional civil society network of community-based and non- governmental organisations (APCASO), UNFPA, WHO, UNICEF and key populations and community organisations.



Avanti Arseculeratne
Senior Manager
Advocacy



Venura Giwantha
Assistant - Management
Information System

First Regional Executive Committee meeting for 2019

International Planned Parenthood Federation, South Asia Region's, Executive Committee Meeting took place on the 24th of January 2019 at the Marino Beach Hotel in Colombo. Mr Chandima Gunawardena (Hony.President) represented FPA Sri Lanka at this meeting. Other participants were Ms. Mahtab Akbar Rashdi (Rahnuma FPA Pakistan), Mr. Syed Kamal Shah (Rahnuma FPA Pakistan and new IPPF SARO Regional Director), Mr. H. R. Umesh (FPA India), Mr. Umar Mavee Ali (Society for Health Education , Maldives), Mr. Varun Anand (FPA India and past Acting Regional Director IPPF SAR), Ms. Sarah Safi (Afghan Family Guidance Association) Dr.Ataur Rahman(Director Programme (Technical & OLE) and Mr. Praveen Nair (Senior Technical Advisor, Governance and Accreditation IPPF SARO)



Congratulations to the winners!



Sales Person of the Year Awards (for the year 2017)

We appreciate your valuable contribution.

Left to Right : 1st Runner - up **Mr. Indika Anuranga Edirisinghe**, **Ms.Thushara Agus** (Executive Director), Winner **Mr. Suranga Sampath Withanage**, **Mr. Suhail Junaid** (Director Marketing), 2nd Runner - up **Mr. Lahiru Saman Kulasingha**



10 Years

Mr. Malinda Jayawardana



30 Years

Mr. Harsha Pathirana



10 Years

Ms. Manori Perera



10 Years

Mr. B. P. Jayalath



30 Years

Mr. Jayantha Panditharathne



10 Years

Ms. Kogila Ramakrishnan



15 Years

Mr. Y. P. L. P. Pathirana



40 Years

Ms. D. G. Mallika

10 Years

Mr. Mallika Samarawikrama

Ms. H. M. S. Fernando

(absent for event)



15 Years

Mr. S. E. M. Subasinghe

We want to hear your views and suggestions!

Please write to:

FPA Sri Lanka
37/27, Bullers Lane,
Colombo - 07, Sri Lanka.

E-mail : fpa@fpasilanka.org

Web : www.fpasrilanka.org

Tel : +94 112 555 455

Fax : +94112 55 66 11