

The Bulletin

The latest news, views and announcements



Dr. Yakandawala - SPRINT Consultant making the donation

FPA Sri Lanka donated a truck load of sanitary napkins to the young girls and women in 6 quarantine facilities across the country through the Family Health Bureau and armed forces. This activity was conducted under the IPPF SPRINT Project.

The current health crisis may have left women and girls without access to clean and safe sanitary products. This can be due to the lack of availability, the lack of funds and the travel restrictions imposed currently. As a result, women and girls maybe forced to use improvised, methods to manage their periods, including torn pieces of clothing or rags. These alternative methods used by women and girls to manage their periods are often ineffective, uncomfortable and unhygienic. They can lead to dangerous infections, and blood stains which can cause women and girls to feel embarrassed and isolated during their period.

COVID19 Crisis

Menstrual hygiene management in humanitarian emergencies

Meeting the Sexual and Reproductive Health Needs in a crisis is paramount. FPA Sri Lanka wants to ensure that everyone, no matter when and where, has the opportunity to maintain good sexual and reproductive health.

Support & Services provided by FPA Sri Lanka during the COVID-19 Health Crisis



- Provided 5000 sanitary napkins to 6 quarantine centres run by the state for returning migrants.
- Provided 2000 face masks to the birthing centre staff of a leading maternity hospital
- Loaned 10000 vials of Depo Provera from FPAs marketing stock to the government agency for family planning to continue services for poor and underserved
- Made a reallocation of The Global Fund grant savings of USD 350000 to enable the government to procure safety garbs for Covid treatment centres
- Will be providing a stock of contraceptives, condoms, pills and ECP to Maldives through UNFPA to meet their urgent demand



ගෘහස්ථ නිසන්ය - ඔබ තනිවෙලා නැත



Covid 19 තත්වයන් සමග නිවෙසට වී සිටීමේදී ගෘහස්ථ නිසන්යට නිතර ලක්වන අය සහ ඔවුන්ගේ දරුවන් අපහසුතාවයන්ට සහ හයානක තත්වයන්ට ගොදුරු වීමට අවදානමක් ඇත. මෙසේ නිසන්යට ලක්වන අයට ඇති වන පීඩනය දරාගැනීමට අපහසු බවත්, මේ අවස්ථාවේදී උදව් ලබාගැනීමට, උපදේශන නිලධාරියෙකු සමග කතා කිරීමට හෝ මිතුරන් මුණගැසීමට අවස්ථාවක් නැතිබවත් අපි දනිමු.

ඔබට කතා කිරීමට අවශ්‍ය නම්, ඔබට සවන් දීමට අප සූදානම්!

Happy Life Centre: 076 588 4881
Alokaya Counselling Centre : 077 989 5252
 Chat online via Website: <http://www.happylife.lk/>
 FB Page : <https://www.facebook.com/happylifecontactcentre/>



FPA Sri Lanka's online platform to help young people navigate life, love and relationships

FPA Sri Lanka's Happy Life Centre launched their new and improved website on the 31st of January 2020 in the presence of the FPASL's President, Mr. Chandima Gunawardena, Dr. Lasantha Malavige (Chairperson - Medical Technical Advisory Committee) and the Senior Management Team. It was carried out under the purview of the Medical Unit. The website found on www.happylife.lk is specifically designed with youth in mind, to provide a gamut of information on a variety of sexual, reproductive and general health issues and topics. With 1.8 billion youth aged 10 to 24 alive right now, it's the largest global population of youth in history! In the course of their transition to adulthood, young people have to make certain decisions that will have a significant impact on their lives. Far too many young people face barriers to reproductive health information and care. Even those able to find accurate information about their health and rights may be unable to access the services needed to protect their health. Young people's sexual and reproductive health must be supported. It also means empowering young people to know and exercise their rights.

On this exciting occasion, Executive Director, Ms. Thushara Agus had this to say: "How can you have a happy life with a lot of question marks on a critical area of your personal life and not knowing whom to turn to for answers? A lot of us waded through our young days without a full understanding of our Sexual and Reproductive Health and Rights and made choices based on the limited knowledge we possessed. Today, FPA Sri Lanka is pleased to help you with these answers which can be only a call or a text away. And we do it in a right-based, non-discriminatory manner.

The Happy Life site facilitates interaction with a Healthcare professional, either a doctor or a counsellor for your very specific problem. It promotes Sexual and Reproductive Health and overall wellbeing of the young and not-so-young people of our country. It is heartening to note that some clients who are reaching out to us, do so, even when they employed overseas”.

Dr. Nuzrath Nasoordeen, Deputy Director Medical said “our expectation is to see an increase of young people visiting our site for information and knowledge. As Happy Life provides scientific information without biases, its intention is to clear doubts and empower the client/user to make informed choices on their Sexual and Reproductive Health and Rights. We want to thank and acknowledge Dr. Lasantha Malavige (Chairperson, Medical TAC), Dr. Sankha Randeniya (Member, Medical TAC) and Dr. Yakandawala (Former Director Medical) for their technical support towards creating this website”.



**AVAILABILITY OF SKILLED
HEALTH WORKFORCE MAKES
SRI LANKA THE COUNTRY
WITH LOWEST MATERNAL
MORTALITY RATE IN
SOUTH ASIAN REGION.**

Maternal mortality refers to deaths due to complications from pregnancy or childbirth.

Skilled care before, during and after childbirth can save the lives of women and newborns.

Progress in **Maternal and Child Health** in Sri Lanka

With the passing of a resolution on congenital anomalies at the sixty-third World Health Assembly (2010), Sri Lanka began creating a national initiative for the surveillance, prevention and care of congenital defects before and after birth. In Sri Lanka, around 360,000 pregnancies are registered every year, and approximately 328,000 babies are born alive. Out of them, 5,800 are born with a birth defect; 30% of whom have a severe defect that affects their day to day life. Nearly 650 of these babies die before their first birthday - making birth defects the second leading cause of infant mortality in Sri Lanka.

Additionally, 1,900 babies die in-utero after 28 weeks of gestation (i.e. are stillbirth), and approximately 35% die due to a birth defect. The visibility of birth defects as a leading cause of morbidity and mortality is limited in all parts of the world, especially in developing countries. Therefore, sharing knowledge on preventing birth defects and how to improve the health and quality of life of those affected is critical. This information should be universally available, in every country and every social group. Efforts to implement existing prevention and care measures should be accelerated in all regions of the world.

With the support of WHO South-East Asia Regional Office (SEARO) and the WHO Country Office, Sri Lanka put together its first Strategic Plan on Births Defects. WHO also supported the country in conducting case surveillance using a web-based system, building capacity on surveillance, and increasing the prevention and control of birth defects. A web-based, real-time, birth defects surveillance system, which guides interventions is now available.

Dr Kapila Jayaratne, National Programme Manager, Maternal and Child Morbidity & Mortality Surveillance, Family Health Bureau in a statement said “Sri Lanka has many areas for improvement. Other countries offer termination of pregnancies on the grounds of lethal congenital deformities, which is a progressive stance that Sri Lanka could take. Through the web-based system, we are expecting valuable data that will guide our practices and inform our programmes and policies. I would say in 10 years, we will be well-positioned to prevent birth defects”.



Gender Equality Policy

Gender equality is a human right. It is especially important for a rights-based, gender transformative organization like FPA Sri Lanka to ensure that the needs, rights and experiences of individuals involved with FPA Sri Lanka are reflected in policies and processes, and that they are supported to play an equal role at FPA Sri Lanka.

The Gender Equality Policy provides a set of guiding principles that reflect FPA Sri Lanka’s commitment to advancing gender equality and the actions necessary to realize the goal. Following its commitment to a human rights framework which prohibits any discrimination, exclusion or restriction on the basis of sex, age, gender, gender Identity, sexual orientation, marital status, physical and mental disability or health status, this policy clearly delineates requirements to be adhered to, which will ensure that all individuals, who identify as women, men, lesbian, gay, bisexual, transgender or intersex, have access to equality of outcome in the workplace and in programmes. The Policy will be circulated to all staff, volunteers, clients and partners of the Association.

Beyond 2025” Symposium - Ensuring a Sustainable and Fully-Funded National HIV Response



“Beyond 2025” symposium held on the 19th of February 2020, was a platform to discuss the shared responsibility of civil society, especially including key populations, key population led and serving organizations, government, private sector and other stakeholders in reaching zero new HIV infections, zero AIDS related deaths, zero stigma and discrimination, achievement of undetectable viral load among all people living with HIV and making available all possible HIV prevention tools for populations who are vulnerable to HIV in Sri Lanka, especially in the context of Global Fund to Fight AIDS, Tuberculosis and Malaria transitioning out of Sri Lanka.

The symposium aimed to bring together community representatives, advocates and activists, government officials, representatives from non-governmental organizations, representatives from UN agencies and from other stake holders to discuss futuristic approaches to ensure a sustainable and a fully funded national HIV response, broker partnerships and foster a shared responsibility to tackle challenges that impede a robust, comprehensive and an inclusive national HIV response.

The symposium was organized by CARE Consortium (Young Out Here, National Transgender Network and Diversity and Solidarity Trust) in collaboration with the Country Coordinating Mechanism Sri Lanka and supported by APCASO.

Ms. Thushara Agus - Executive Director, The Family Planning Association of Sri Lanka was part of the opening Plenary "Sri Lanka National HIV Response - Here and Now" and served as the Moderator for the panel discussion 'Fostering Collaborations and Partnerships for a Sustainable and Fully-Funded National HIV Response'. Mr. Sriyal Nilanka - FPA Sri Lanka's AFAO Programme Officer was also a panellist.

FPA Sri Lanka is a key player in partnership with The National STD/AIDS Control Programme (NSACP), Ministry of Health, spearheading the national response to end HIV/AIDS in Sri Lanka by 2025.

Particularly through our Sustainability of Key Populations in Asia (AFAO SKPA) Project funded by the multi-country Global Fund Grant, the aim is to promote sustainable services for key population members, scale-up of outreach work and improve key population members' access to prevention, testing and treatment and retention in the service cascade.

As the Global Fund to Fight AIDS, Tuberculosis and Malaria intends transitioning out of Sri Lanka in 2022, securing the long-term sustainability of service delivery for key populations at national level by exploring innovative approaches and identifying alternative sources of funding for key programmes is paramount.

These info-grams highlight the key achievements for 2019 and SKPA Project plans for the next two years.

Sustainability of HIV Services for Key Populations in Asia (SKPA) GFATM - Multicountry Regional Grant



Australian Federation of AIDS Organizations (AFAO) is the national federation for the community response to HIV in Australia. AFAO is currently the principal recipient of Global Fund Multi Country Grant *Sustainability of HIV Services for Key Populations in Asia (SKPA)*. The main aim of the SKPA Program is to promote sustainable services for key populations at scale to stop HIV transmissions and AIDS related deaths by 2030. The Family Planning Association of Sri Lanka (FPA Sri Lanka) is the Sub Recipient for Sri Lanka.

YEAR 1 ACHIEVEMENTS

<p>REVIEW OF THE PACKAGE OF HIV SERVICES FOR KEY POPULATIONS IN SRI LANKA</p>	<p>GENDER REVIEW OF HIV AND KEY POPULATIONS IN SRI LANKA</p>	<p>PROMOTE TG FRIENDLY SERVICE REDESIGN THROUGH TG FOCUS GROUP DISCUSSIONS SUPPORTED BY APTN</p>	<p>ENGAGING THE HRCSL ON REDUCING STIGMA & DISCRIMINATION FOR DRUG USERS SUPPORTED BY ANPUD</p>
<p>SUPPORT THE TRANSITION READINESS ASSESSMENT OF SRI LANKA FOR GF TRANSITION</p>	<p>TRANSLATION OF TRANSGENDER FACT SHEETS BY APTN</p>	<p>SUPPORT NSACP AND UNAIDS ON PREP DEMONSTRATION PROJECT IN SRI LANKA</p>	<p>HIV COUNSELING FOR NATIONAL PROGRAM STAFF</p>

PARTNERS



OVER THE NEXT TWO YEARS WE HOPE TO

IMPROVE FINANCING FOR HIV PROGRAMS

IMPROVE ENABLING ENVIRONMENTS FOR COMMUNITY MEMBERS

FOR MORE INFORMATION ON THE SKPA PROJECT IN SRI LANKA CONTACT SRIYAL SRIYAL@FPASRILANKA.ORG +94777214947

BUILD THE CAPACITY OF COMMUNITY ORGANIZATIONS THROUGH CONTINUOUS TECHNICAL SUPPORT

HELP MITIGATE STIGMA & DISCRIMINATION IN HEALTH CARE SETTINGS FOR KEY POPULATION MEMBERS

HELP MINIMIZE GENDER RELATED BARRIERS FOR KEY POPULATION MEMBERS



How to manage COVID-19 stress - Tips on looking after yourself



Connect with others.

Talk to people you trust about your concerns and how you're feeling.

Source: WHO



Take a break from the news.

Information overload can be upsetting. Make an effort to switch off your screens once in a while.

Source: WHO



Visit to supplier Gedeon Richter PLC

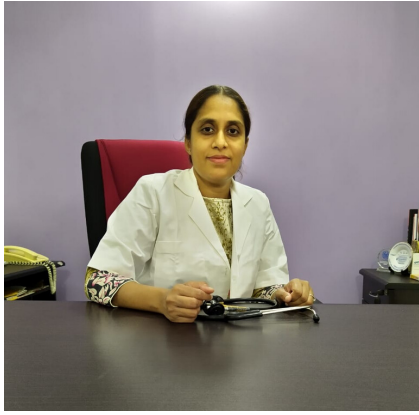


Mr. Suhail Junaid-Marketing Director, Ms. Sureka Perera-Finance Director and Mr. Amila Gunasekara-Asst. Director Brands visited Gedeon Richter PLC in Budapest, Hungary from the 24th to 26th of March 2020 on the instruction of the Hon. President Mr. Chandima Gunawardena to get firsthand information regarding the reasons for the delay in supply of Postinor 2 in the second half of 2019.

During the visit the representatives from FPASL met Ms. Gabriella Bakos - Area manager, International, Dosage Form Products and Mr. Laslo Korycki - Head of Department, International Sales WE-US Countries and had discussions to strengthen the relationship between the two organizations, to enable uninterrupted supply of Postinor One and Postinor-2 and to improve trade terms which will benefit both parties.

They also had preliminary discussions to explore a few more products to be included to FPASL's product portfolio. Ms. Thushara Agus - Executive Director joined the meeting via Skype and briefed the officials from Gedeon Richter Plc about the history of the Association, work currently being carried out and about the future plans for development.

During the visit, the FPASL team were able to witness the manufacturing plant and packaging unit of Gedeon Richter Plc. They reported that Gedeon Richter Plc has now overcome the slowdown in production due to the introduction of the serialization process and are back on track with regular production. It was evident that Gedeon Richter Plc maintains very high standards in production and the company employees more than 12,000 employees including 1,000 employees only in R&D.



I N FOCUS

*In conversation with Dr. Nusrath
Nasoordeen - Deputy Director Medical*

Describe your career path to this point at FPA Sri Lanka.

After my internship at the Batticaloa Teaching Hospital, I did my post internship as an additional Medical Officer of Health in Siyabalanduwa, Monaragala for over three years. I then served at the General Hospital Ratnapura for a very short period. Following that, I resigned from government practice and worked in a private hospital for yet another year and then joined the PG diploma course in Venereology, PGIM. I have also worked at a private hospital in Oman before joining FPASL.

What do you find most rewarding about this job?

We invest quality time to talk to people by providing counselling and Sexual Reproductive Health (SRH) information at our clinic, over the phone (through our helpline), social media, etc. Our setting is highly confidential and is youth and gender friendly, so there is a high acceptance for our services. Just seeing our clients' needs fulfilled and satisfied is truly rewarding.

Most of the health issues with regard to SRH are highly stigmatized in Sri Lanka, and one of our goals is to de-stigmatize this notion. This truly is also rewarding.

Was there a defining moment when you just knew you wanted to be a physician?

A physician should possess human skills, have to have the ability to relate to others and have patience. Among friends and family, I have been told at a very young age that I should become a physician as they believed I had these skills. So there wasn't a defining moment really, but a cluster of incidents that made me choose this path.

Do you have a specific memory of an outcome with a patient that you are exceptionally proud of, or happy with?

Yes, there have been many moments, especially one specific incident which happened a year ago with one of our sub-fertility clients (female) who due to the delay in conceiving was facing marital issues. This patient was depressed and through intense counselling and proper medical care she eventually conceived and her mental health was also controlled. This was a team effort that led to an overall successful outcome.

What are the most common reproductive health services that are accessed by clientele that visit the clinic?

This would be the 'Well Woman Screening clinics' that aids in cancer screening and our sub-fertility management services.

Any new areas of focus for FPA and the Centre for Family Health in the year 2020?

The re-launch and revamp of the Happy Life website, which has new and modern features that facilitates easy access to information and advice on all matters relating to sexual and reproductive health. We are also planning to use social media as a platform of communication to reach out to all age categories in Sri Lanka. This we find is, key to awareness among the youth.

On a more personal note, what advice do you have for our readers?

SRH leads to various medical and mental issues, therefore, it is vital for all to have accurate SRH information. Providing such information and making it easily available and accessible, is our responsibility. When you encounter a person with SRH related issues, it is important that you direct them to health care providers that have the knowledge and expertise in dealing with it. One must aim to de-stigmatize these issues in your home and in the educational realm. Education is the primary source of eliminating mental health issues with regard to SRH.

My next advice is to mention that there are new medical technologies, facilities and expertise to aid SRH related issues, therefore, everyone who requires these services must seek help without fear or shame.



DIGITAL VIOLENCE AGAINST WOMEN

Digital violence against women in Sri Lanka is exponentially on the rise and it can be classified into numerous forms such as Sexual Harassment, Character Assassinations and Blackmailing.

As per the comprehensive definition introduced by the task force appointed to look into sexual harassment in the US military academies sometime back, communication of vulgar jokes and offensive stories of sexual exploits, repeated and unwanted propositions for dates or sex amount to sexual harassment. There are thousands of fake account operators who have mastered the art of identifying vulnerable females through social media for sexual exploitation. If a lady responds either to an E-mail or a Facebook message coming from a fake account she is assured of becoming prey of such predators in the long run.

Cultural attributes also have completely changed during the last two decades with the digital revolution. Unlike in the western world, having pre-marital sex was not entertained by the female partner in a romantic relationship, as virginity of a bride was an issue and a social concern in our culture. An accidental pregnancy is the worst nightmare to be experienced by an unmarried girl, a few decades ago. However, increased awareness and availability of protective measures has gradually liberated the younger generations to enjoy fully fledged sex at an age it is most pleasurable and enjoyable.

In order to justify this with an example, about three decades ago, the maximum a couple in a relationship would have done is going to see a film.

Instead, in the present context, they will go to a hotel room. However, what they do not realise is that in such unknown places the act they perform may be either observed or recorded by others using hidden sophisticated digital cameras that cannot be spotted. Police recently arrested the owner of a guest house in Colombo, who had rented a specific room fitted with digital video cameras and showed the couple performing to a clientele of his living overseas, through the internet, live.

A recent trend has emerged through YouTube channels to character assassinate ladies who are either VIPs or celebrities. Up to now, no such victims have ever attempted to confront such attacks leveled at them. These videos are being observed by hundred thousands of people and the sole objective of the masterminds behind this is to generate income with the number of viewers. The evolution of the Smart Phone has further aggravated the situation. When an intimate relationship strengthens among two individuals, most often the male may request the female to expose her body, while they are in a telephone conversation. This is where the young girls make a fundamental mistake, based on trust. Once that is done, she may be on record at the other end. In the event of a breakup of the relationship, there is a very likely chance that the angry partner may threaten to upload them into the internet and expose the girl. Also, there always is a possibility of the boy showing it to his friends.

A few months back, a lady lawyer took selfies of herself with her own smart phone to see how beautiful she is. A few weeks later, the phone broke down and she gave it to a repair centre. The owners of these mobile repair centres are aware of the fact that people have confidential information in phones and found the photographs of the naked lady who handed over the phone for repair.

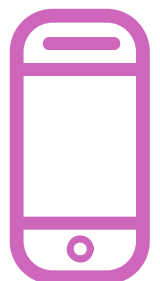
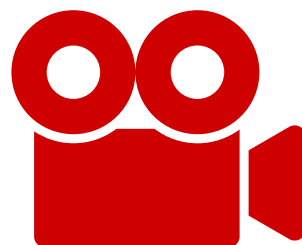
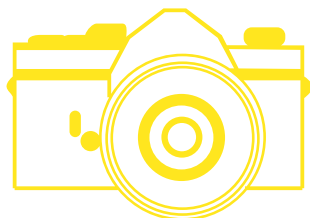
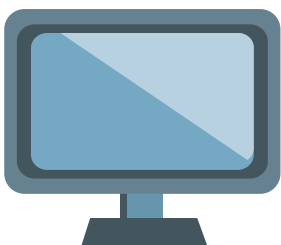
They called her and demanded money, not to upload them onto the internet. However, the lady acted prudently, complained to the police and got the culprits apprehended. This is why a lady must refrain from exposing her body to a camera under any circumstances, even her own.

A few years back, a young girl going to the dressing room of a dress shop was recorded by the owner of the dress shop from a camera hidden in it. Later, he blackmailed her and the girl was compelled to accede to the demands. When, the harassment became unbearable and intolerable, she informed her brother. The brother and a friend pulled the dress shop owner out and assassinated the man in broad daylight, in a busy suburban town.

In summary, there are women who fall victim of such circumstances that they cannot even go and complain to the Police.

Therefore, either the Police Department or the Women's Bureau must endeavor to set up a special unit comprising authoritative female officers to listen to such pathetic exposures of digital violence faced by women to redress their grievances and take remedial action in a manner that the dignity and the identity of the lady is protected.

Also, the government must introduce new legislation to curtail the digital character assassination leveled at women.





Medicare 2020

11th Edition of Sri Lanka's only Healthcare Expo

FPA Sri Lanka participated at the Medicare National Healthcare Exhibition held from the 6th - 8th of March at the B.M.I.C.H.

The three day mega exhibition was organized by the Ministry of Health Sri Lanka in collaboration with specialist medical associations. Its primary purpose was to provide the public with timely, accurate and important information and updates on health issues and the latest technology available for disease diagnosis, prevention and cure.

Whilst increasing visibility of the services rendered by FPA Sri Lanka to the community, the stall managed by the Sales and Marketing Programme (SMP) also 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), Sexual and Reproductive Health and general health. All visitors were able to walk away with a range of free samples of contraceptive products.

Such stalls were also in action at the My Wedding Exhibition (BMICH) on the 24th of January and at Taboo 2020 at Trace Expert City, Maradana on 1st of March 2020.

නිරෝගී, සැලසුම් සහගත පවුලක්



මාතෘ හා ළමා සෞඛ්‍ය සේවාවන් සැපයීම සම්බන්ධයෙන් අවධානය යොමු කිරීමේදී පවුල් සැලසුම් කිරීම ඉතිහාසය පුරාම අවධානයට ලක් වී ඇත. ශ්‍රී ලංකා රජයේ රෝහල්, මාතෘ සායන, පවුල් සෞඛ්‍ය සේවා නිලධාරී කාර්යාල හරහා නවීන පවුල් සැලසුම් සේවාවන් ලබා දෙන අතර එමගින් අපේක්ෂා කරන්නේ දරුවන් අතර පරතරයක් තබා ගනිමින්, නිරෝගී හා සැලසුම් සහගත පවුලක් නිර්මාණය කර ගැනීමට මහජනතාවට සහාය ලබා දීමයි. සෞඛ්‍ය අමාත්‍යාංශය විසින් ඉදිරිපත් කර ඇති දත්ත වලට අනුව වර්තමානය වන විට ශ්‍රී ලංකාවේ පවුල් වලින් 72%ක් පමණ නවීන පවුල් සැලසුම් ක්‍රම භාවිතා කරන අතර ඉතිරි 28%ක ප්‍රමාණය එක්කෝ සාම්ප්‍රදායික පවුල් සැලසුම් ක්‍රම අනුගමනය කරනවා හෝ නැතහොත් කිසිදු පවුල් සැලසුම් ක්‍රමයක් අනුගමනය නොකරනු ඇති බවට විශ්වාස කරයි. අඩු වයස් ගැබ් ගැනීම්, අනපේක්ෂිත ගැබ් ගැනීම්, අනාරක්ෂිත ගබ්සාවන් සිදු කරගැනීම්, මාතෘ මරණ, නිරෝගී නොවන දරුවන් බිහිවීම, පවුල තුළ දරුවන් බොහෝ ප්‍රමාණයක් සිටීම නිසා ඇති විය හැකි ප්‍රතිවිපාක යනාදී ප්‍රශ්න බොහෝමයකට මෙම තත්ත්වය හේතු විය හැකිය. මේ නිසා නිසි කාලයේදී, සැලසුම් සහගතව දරුවන් බිහි කිරීම හා කළමනාකරණය කරන ලද පවුලක් ගොඩ නගා ගැනීමට උපදෙස් හා සේවාවන් සැපයීම සෞඛ්‍ය ක්ෂේත්‍රයේ නියැලෙන අයගේ වගකීමක් වී තිබේ.

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය ශ්‍රී ලංකාව තුළ පවුල් සැලසුම් සේවාවන් සැපයීමේ පැරණිතම ආයතනය වන අතර, නිරෝගී සමාජයක් බිහි කිරීමට අවශ්‍ය සේවාවන් ලබාදීම, උපදේශනය, පවුල් සැලසුම් ක්‍රම වෙළෙඳපොළට සැපයීම මෙන්ම පවුල් සැලසුම් ක්‍රමයක් භාවිත කිරීමට කාන්තාවට ඇති අයිතිය තහවුරු කිරීම වෙනුවෙන් අධිවාචනය කටයුතු ද සිදු කරයි. කිලිනොච්චිය, මුලතිවු හා පුත්තලම දිස්ත්‍රික්ක තුළ සිටින සිවිල් සමාජ සංවිධාන නායකයින් හා නායිකාවන් පුහුණු කරුවන් ලෙස පුහුණු කිරීමේ ව්‍යාපෘතියක් ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය විසින් සිදු කරනු ලබන්නේ රජය විසින් සිදු කරගෙන යනු ලබන ව්‍යාපෘති වලට සහාය දැක්වීමක් වශයෙනි. නෙදර්ලන්ත තානාපති කාර්යාලයේ මූල්‍යමය අනුග්‍රහය යටතේ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ අධිවාචන ඒකකය විසින් පසුගිය මාසයේදී නවීන පවුල් සැලසුම් ක්‍රම භාවිතය මගින් නිරෝගී පවුලක් නිර්මාණය කර ගැනීමට අවශ්‍ය දැනුම හා කුසලතා මොනවාද යන්න ග්‍රාමීය නායකයින් පුහුණු කළ අතර, ඔවුන් හරහා එම පණිවිඩය ග්‍රාමීය පවුල් වෙතට සන්නිවේදනය කිරීමට අපේක්ෂා කරයි. එමගින් එක් අතකින් ග්‍රාමීය නායකයින් ලිංගික හා ප්‍රජනන සෞඛ්‍යය හා අයිතිවාසිකම් සම්බන්ධයෙන් දැනුවත් වන අතර, නවීන පවුල් සැලසුම් භාවිතය වැඩි කිරීම මගින් නිරෝගී සමාජයක් බිහි කිරීමට ශ්‍රී ලංකා රජය සිදු කරනු ලබන විවිධ ව්‍යාපෘතිවලට සහයෝගයක් ද ලැබෙනු ඇති බව අපගේ විශ්වාසයයි.

Partnership with the University of Colombo



Dr. Sumithra Tissera,
former Director Medical at FPA Sri Lanka
conducting the session

In 2019, meetings were conducted with the Vice Chancellor of the University of Colombo on including Sexual and Reproductive Health Rights (SRHR) into the teacher training curriculum. Following this request, a session on Health and Well-being was carried out at the orientation programme for the new intake of students at the Faculty of Law.

International Women's Day 2020 #EachforEqual



International Women's Day 2020

was commemorated under the theme #EachforEqual, to take action for equality, as we believe an equal world is an enabled world.

A week long social media campaign was designed to challenge stereotypes, fight bias, broaden perceptions, celebrate diversity and celebrate women's achievements.

මේ මගේ ශරීරයයි! ආරක්ෂිත ලිංගික එක්වීමක් වෙනුවෙන් උපත්පාලන ක්‍රම භාවිත කිරීම හෝ නිරෝගී දරුවන් බිහිකිරීමට අවශ්‍ය පරතරය තබා ගැනීම මගේ අයිතියයි!

Change in society isn't just about big headline moments, legal victories and international agreements: the way we talk, think, and act every day can create a ripple effect that benefits everyone.

"We have come a long way over 100 years from the first Women's day celebration in 1911. In 2020, we speak of a Generation Equality where each of us uphold Equality by taking responsibility for our own actions. "#EachforEqual" passes on a clear message that no one will hand over Equality on a platter. We need to assert our equality regardless of our Gender. We see a world where the race is on for the gender equal boardroom, a gender equal government, gender equal media coverage, gender equal workplaces, gender equal sports coverage, more gender equality in health and wealth ... so let's make it happen. Let's be #EachforEqual." - Ms. Thushara Agus - Executive Director



Stress - a modern buzzword?!!

With all the pressures of modern life it's so easy to feel stressed... But what exactly is stress? And why does it need to be managed? Stress is a contemporary, widely used buzzword that's used to describe the feelings of "distress" experienced when tension, pressure or even boredom are perceived to become unbearable; beyond our ability to cope!

The signs and symptoms for each and every one of us will vary and also depend largely on how well you manage your stress. The key is knowing that there can be serious health risks if stress becomes chronic (long-term and un-managed). Your aim should be to achieve and maintain an equilibrium that feels comfortable for you. You should be actively doing something to reduce, prevent and manage stress in your life to stop it becoming chronic. The Alokaya Counselling Centre carried out a Stress Management Workshop on the 7th of February 2020 at Camso Loadstar (Pvt) Ltd, Ekala.

The topics addressed were:

Stress and Stress Management, Yoga Therapy for Stress, Relaxation for Stress Management, Managing stress with Neuro Linguistic Programming, Relationship between Stress and Eating Behaviors and Work-life balance and Evaluation.

Society for Health Education SHE Maldives) and FPA Sri Lanka collaboration



FPA Sri Lanka is providing technical support to customise the Associations' Monitoring and Evaluation Information Management System (MEIMS) to adapt to the Maldivian context. We are also providing training for their staff in the effective use of the system. To observe data management, a field visit to the Nuwara Eliya Service Delivery Point (for Static Clinics, Mobile Clinics, Peer Education, CSE workshop data etc) was carried out on the 8th of January 2020.

Congratulations to the winners! - Sales Awards



Left to right:

Mr. Suhail Junaid (Director Marketing), **Mr. Lahiru Prasanna Pathirana (1st Runner Up)** Mr. Chandima Gunawardena (President), **Mr. Lahiru Saman Kulasinghe (Best Sales Person Award)**, Ms. Thushara Agus, Executive Director and **Mr. Suranga Sampath Withanage (2nd Runner up)**

Capacity building through training!



A ToT (Training of Trainer) on Disaster Management and Sexual and Reproductive Health in Emergencies (SRHiE) was conducted under the SPRINT Project on 22nd - 24th January 2020, at the National Institute of Health Sciences (NIHS), Kalutara. Participants were Trainers (Special Grade Nursing tutors in Public Health/ Public Health Nursing Tutors/ Regional Supervisory Public Health Nursing Officers) of the Part II, Midwifery Training Course. The objective of this programme was to build capacity of these trainers to educate Public Health Midwife students on Disaster Management and SRHiE which will be introduced as new modules in the upcoming PHM curriculum. (A Public Health Midwife -PHM is the key health care provider at the domiciliary level in the Sri Lankan health care system.)

Dr. Harischandra Yakandawala, SPRINT Consultant, facilitated this training. The introduction of these new modules is being carried out by FPA Sri Lanka and the Disaster Preparedness and Response Division, Ministry of Health (DPRD) in consultation with the Education, Training and Research Unit (ETR), Ministry of Health.



නූතන යොවුන් පරපුරේ අනාගතය සඳහා ආයෝජනයක්

ප්‍රජනන සෞඛ්‍යය, ලිංගිකත්වය හා ප්‍රමිතිර්භාවය (ස්ත්‍රී-පුරුෂ සමාජ භාවය) ආදී විෂයයන් පිළිබඳ ව අවිද්‍යාත්මක මෙන් ම පරස්පර විරෝධී හා සංකීර්ණ වූ ද තොරතුරු සම්භාරයක් නූතන යොවුන් පරපුරට දැන් දිනපතා ම පාහේ ලැබෙමින් පවතී. මෙය ඔවුන්ගේ සෞඛ්‍යයට, පැවැත්මට හා අභිමානයට හයානක ලෙස අවදානම් වනු නිසැක ය. එහෙත්, වයසට ගැලපෙන ආකාරයේ පරිපූර්ණ ලිංගිකත්ව අධ්‍යාපනය තුළින්, ඔවුනට සිය සෞඛ්‍යය හා මානව සබඳතා පවත්වා ගැනීමට සරිලන දැනුම හා අවබෝධය නිවැරදිව ම ලබාදීම සිදුකළ හැකි වෙයි. එමගින් ඔවුන්ගේ ප්‍රජනන සෞඛ්‍යය සහ ලිංගිකත්වය හා අදාළ තීරණ ගැනීමට හැකිවීමෙන් ජීවිතය ඵලදායක කර ගැනීම පහසු වන්නේය. තවද, එම අධ්‍යාපනය යොවුන් විශේෂ ශාරීරික වර්ධනයන් හා යෞවන යෞවනියන්ගේ අයිතීන් පිළිබඳව ද වැදගත් තොරතුරු අනාවරණය කරන හෙයින්, සුරක්ෂිතභාවය හා සවිබලගැන්වීම හා අදාළ වන ජීවන කුසලතා ද පරිපූර්ණ ලිංගිකත්ව අධ්‍යාපනය තුළින් ඔවුහු හුරු කර ගන්නෝය.

තාර්කික චින්තකයින් බවට යෞවන යෞවනියන් පත්කරන්නට හා ලිංගික හා ප්‍රජනන කරුණු පිළිබඳ බුද්ධිමත් තීරණයන් බවට ඔවුන් නැඹුරු කරන්නට හැකි වූ කල්හි, එහි පරමෝද්දාර ප්‍රතිඵලය සමස්ත සමාජය පුරා ම විහිදී තිබෙනු දැකිය හැකි වනු ඇත.

පරිපූර්ණ ලිංගිකත්ව අධ්‍යාපන පුහුණු තුන් දින වැඩ සටහන් දෙකක් ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ බාහිර සේවා සම්පාදක ඒකකය විසින් නොබෝදා පහත දැක්වෙන පරිදි පවත්වනු ලැබීය.

- නැගෙනහිර පළාතේ තියාවෙට්ටුවාන් හි ධාරුස්සලාන් අරාබි විද්‍යාලයීය සිසුන් සඳහා 2020 ජනවාරි 20-22 දක්වා - සංගමයේ මඩකලපුව සේවා සම්පාදන ඒකකයේ මෙහෙයවීමෙන්
- අත්තනගල්ල ජාතික තරුණ බලකායේ සාමාජිකයින් සඳහා 2020 පෙබරවාරි 05-07 දක්වා - වතුපිට්ටල ආයෝජන මාණ්ඩලික කාර්යාලයේ සහ ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ වතුපිට්ටල සේවා සම්පාදන ඒකකයේ ඒකාබද්ධ මෙහෙයවීමෙන් හා අත්තනගල්ල ජාතික තරුණ බලකායේ ප්‍රධාන නිලධාරී පී. එච්. ආර්. බී. කුමාර මහතාගේ අනුග්‍රහයෙන්

ලිංගික හා ප්‍රජනන සෞඛ්‍ය සේවාවන් අත්‍යවශ්‍ය ම ජන කණ්ඩායම්වලට එම වැදගත් සේවාවන් ලබා දීම

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ බාහිර සේවා අංශයේ සේවා සම්පාදන ඒකකයන්හි හා ජංගම සායනයන්හි කාර්ය සාධනයන් ඔස්සේ ජන සමාජයේ සෑම තරාතිරමකට ම ලිංගික හා ප්‍රජනන සෞඛ්‍ය සේවාවන් සම්පාදනය කරනු ලැබේ. පවුල් සැලසුම හා ගැබ්ගැනීම් වැළැක්වීම හා අදාළ සේවාවන් තුළට (ගැබ්ගෙල හා පියයුරු පිලිකාවන් තිරිගැන්වීම, දියවැඩියාව සම්බන්ධයෙන් පරීක්ෂණ පැවැත්වීම, රුධිර පීඩනය හා දේහ ස්කන්ධ දර්ශකය (BMI) පරීක්ෂාව, ලිංගිකත්වය පාදක ප්‍රවණ්ඩත්වය සහ ලිංගික හා ප්‍රජනන සෞඛ්‍යය හා අදාළ කරුණු කාරණා පිලිබඳ උපදේශන සේවාවන් ආදිය වැනි) සෙසු සෞඛ්‍ය සේවාවන් ද අන්තර්ගත කිරීම, එවැනි අත්‍යවශ්‍ය සේවාවන් ලබාගත නොහැකි අයට එම සේවාවන් ලබාදිය හැකි ප්‍රශස්ත මාර්ගයක් වන අතර, ඔවුන්ගේ සාමාන්‍ය සෞඛ්‍යය මෙන් ම ලිංගික හා ප්‍රජනන සෞඛ්‍යය පමණක් නොව ඒ පිලිබඳ පවත්නා අයිතීන් ද සුරැකීමට අවස්ථාව උදා කරන්නේය.

ශ්‍රී ලංකා පවුල් සංවිධාන සංගමයේ අම්පාර සුව සේවා මධ්‍යස්ථානය විසින් 2020 ජනවාරි 26වන දින නාමල්මය දි ජංගම සුව සායනයක් පවත්වනු ලැබිණි.



The situation may be overwhelming, but coping with stress will make you, the people you care about, and your community stronger.

Source: WHO



Take care of your body.

Meditate, eat well-balanced meals, take deep breaths. Aside from staying safe, stay healthy.

Source: WHO



Stay aware of the latest information on the COVID-19 outbreak, available on the WHO website and through your national and local public health authority. Most people who become infected experience mild illness and recover, but it can be more severe for others. Take care of your health and protect others.



We want to hear your views and suggestions:

Email: fpa@fpasilanka.org

Website: www.fpasrilanka.org

Call: +94 112555455, +94 76 588 4881