

Expansion of Outreach Activities - breaking barriers to enable access to essential care!

New Service Delivery Point at Wathupitiwela BOI Complex

The Organisation's aim in establishing Service Delivery Points, in strategic locations Island-wide is to increase access to quality Sexual and Reproductive Health services.

The majority of people employed in Sri Lanka's garment industry, are young women who migrate from rural areas of the country seeking economic opportunity. These 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. Moderate wages, long hours, and sometimes difficult conditions can limit the time and/or resources available to maintain their health and

well-being. In addition to inadequate knowledge of important aspects of sexual and reproductive health, these workers struggle to access quality, affordable and confidential health services, making them vulnerable to STI's and unintended pregnancies.

FPA Sri Lanka's Workplace Service Delivery programme, particularly in the Industrial Zones is designed and in place to address the needs of this key group of young women and men engaged in work at their convenience.

The opening ceremony of the clinic at Wathupitiwela Industrial Zone took place on the 2nd of April 2019. Gracing this special occasion

were members of the National Council and the Technical Advisory Committees, the Senior Management Team together with staff from the Outreach Unit and special invitees; Mr. Lawrance - Executive Director - Zones (BOI), Mr. T. M. D. Thilakarathna - Director - Wathupitiwala, Dr. Indika - MOMCH - RDHS Office, Gampaha, Dr. Sanjeeva - MOH, Attanagalla, HR staff from the 16 factories of Wathupitiwala BOI, SPHM-Nursing sisters, JMO of the Wathupitiwala Hospital and the Brigadier - National Youth Corps-Wathupitiwala.

The Wathupitiwala Service Delivery Point was established through funding received from Levi Strauss Foundation.



A strong network of static and mobile clinics across the country helps FPA Sri Lanka reach those whose needs are the greatest. Our work is diverse and aims to help people make informed decisions about their reproductive health, so that they may enjoy a safe relationship without the fear of unintended pregnancy or sexually transmitted infections, including HIV.

DID YOU KNOW?

MORE PEOPLE ARE DISPLACED NOW THAN AT ANY TIME SINCE WORLD WAR II.

In 2018 alone, 34 million women and girls were displaced by natural disaster and conflict.

(OCHA – 2018 Humanitarian Data and Trends)

Women's need for reproductive health care is not suspended in crises. In crisis settings there is also a heightened risk of early marriage, rape and sexual violence, unsafe abortions and unattended births. Transmission rates of STIs, including HIV, increase in emergencies.



<https://www.ipff.org/resource/gender-and-crisis-statistics>

FPA SRI LANKA - providing support in times of need



The Association responded to the request of the Father in charge of the Katuwapitiya Church in Negombo to conduct a general health assessment and screening to assess for trauma and post-traumatic symptoms of the community affected by the terrorist attack that took place in April. A team of six counsellors attached to the Alokaya Counselling Unit and the Happy Life Centre carried out the assessments from the 6th to the 10th of May 2019.



20th May 2004.



Major Shirley Silva (FPA Sri Lanka President - 2004) with Mr Sasakawa (Junior) at the 57th World Health Assembly of the World Health Organization in Geneva.

During the years of conflict, FPA Sri Lanka was the only non-governmental organisation trusted by the government to provide services to affected people residing within the conflict zone. In recognition of our work, the World Health Organisation honoured us with the prestigious Sasakawa Health Award in 2004.

Meeting the Needs of Vulnerable People in Times of Disaster

Lesbian, Gay, Bisexual, Transgender, Queer or Questioning, and Intersex (LGBTQI) people's experiences in crises are under-researched and misunderstood, which can often lead to protection gaps and thereby face discrimination in humanitarian emergencies.

The SPRINT project 2019, (Funded by the Department of Foreign Affairs and Trade (DFAT) under the Australian Government and managed by International Planned Parenthood Federation) ensures that our emergency response (enabling access to essential life-saving Sexual and Reproductive Health services) is one that is inclusive and protective of everyone regardless of sexual orientation or gender identity. It also encompasses persons with disabilities.



In a state of emergency, this can determine whether or not vulnerable populations receive life-sustaining help.

A consultative meeting took place on the 21st of May 2019 to discuss the steps taken thus far for LGBTQI inclusion in humanitarian response and how the process can be further expanded. 12 organisations working to advance LGBTQI rights were represented at this meeting which was facilitated by Dr. Harischandra Yakandawala - Consultant - SPRINT Project.



The World Health Day 2019 event organised by The Ministry of Health, Nutrition and Indigenous Medicine and the World Health Organization, was held on the 7th of April 2019, at the Arcade of Independence Square, Colombo 7 from 7.00 a.m. to 7.00 p.m. The celebration was based on the theme “Universal Health Coverage” focusing on primary health care.

FPA Sri Lanka was invited to conduct a stall at this high profile event and share the space with WHO Sri Lanka’s ‘She Decides’ campaign representatives.

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 modern contraceptive methods, sexually transmitted infections (STIs) and Sexual and Reproductive Health.

Members of the FPA Sri Lanka Youth Technical Advisory Committee were also present to carry out a survey on the ‘Attitude towards LGBT+ communities in Sri Lanka’. The purpose of this survey was to identify youth perceptions on Lesbian, Gay, Bisexual, Transgender, and Questioning communities (LGBT+). Data collection continued throughout April through online mediums.



Youth Technical Advisory Committee Members with the Marketing Team



World Health Organization Sri Lanka Public Health Administrator - Dr Olivia Nieveras (center)



Dr. Janaki Vidanapathirana (Deputy Director - Non Communicable Disease Unit, Ministry of Health, Nutrition and Indigenous Medicine)

Strengthening outreach work at the community level



Volunteer Health Assistants (VHAs) play a great role at FPA Sri Lanka in our work in increasing access to sexual and reproductive health care services.

A three day training programme for VHAs was held under the purview of FPA Sri Lanka's Outreach Unit at the office of the recently opened Service Delivery Point in Wathupitiwala from the 13th - 15th of May 2019.

Some of the topics addressed through the sessions were: Importance of Sexual and Reproductive Health education and services, the reproductive health system, its

functions and issues related to it, Family Planning methods, Sexually transmitted infections and HIV/AIDS, How to develop communication skills, Gender based violence, The Duties and responsibilities of a Health Assistant and How to maintain the field book to report in an accurate manner.

Resource Persons - *Dr. Santha Kumara (Medical Officer - Base Hospital Gampaha), Dr. Nayani Gallage (STI Unit - Base Hospital - Wathupitiwala) Mr. Sunil Senarathne (Deputy Director - FPASL Outreach Unit), Mr. Sunil Wijerathne (Manager SDP - Wathupitiwala)*

Consultative meeting for integrating Minimum Initial Service Package (MISP) into public health training curricula.

(MISP) is a set of life-saving activities to be implemented at the onset of every humanitarian crisis. It is an internationally accepted minimum standard of care for reproductive health, pioneered and rolled out by IPPF.

This meeting held on the 4th of June 2019 was convened to identify the scope and opportunities of the integration of MISP into the curricula of basic and post basic training courses in Public Health for Public Health Inspectors, Public Health Midwives and Public Health Nursing Sisters. The key objective was to build competencies of the primary health

care service providers in implementing MISP during emergencies.

FPA Sri Lanka (Under the Outreach Unit's SPRINT project) conducted the meeting in collaboration with the Education, Training and Research Unit of the Ministry of Health.

Participants comprised the organisational Heads and Sexual and Reproductive Health Tutors representing 17 Schools of Nursing, the Post Basic College of Nursing, the Military School of Nursing, the National Institute of Health Sciences, six Provincial and

The benefits of Comprehensive Sexuality Education are substantial!

It helps young people gain knowledge and skills, and be clear about their attitudes and values, so they can make informed decisions about their relationships, well - being and sexual and reproductive health.

Two, three day CSE programmes were carried out under the purview of the Outreach Unit.



25th - 27th May 2019 - For 140 students belonging to the SOS Children's Village in Piliyandala, organised by the Avissawella Service Delivery Point.



3rd - 6th of June 2019 - For students attached to the National Youth Corps, organised by Mr Jayampathi (Head of the Youth Corps in Wathupitiwala) in partnership with the B.O.I. Office at Wathupitiwala.

Regional Public Health Training Centres and the Family Health Bureau.

Dr. Harischandra Yakandawala (FPASL Consultant) and Dr. Novil Wijesekara (Medical Officer, Disaster Response and Preparedness Division, Ministry of Health) facilitated the sessions.





In conversation with Ms. Sureka Perera Director Finance - FPA Sri Lanka

Where did you start in finance and what experiences led you to the job you have today?

I started my career as an audit trainee which lead to foreign exposure and opportunities. After completing audit training, I was attached to many organisations in Sri Lanka mostly of foreign ownership, working with multinationals and gained further exposure working overseas as well.

What are your current job responsibilities?

My current job entails all finance activities and overseeing the entire Finance unit.

What size budgets have you worked with, and what do you find challenging about budgeting?

The highest budget I have worked in was USD 17 million per annum. The most challenging part of budgeting is forecasting the revenue growth in a highly competitive market.

Due to managing multiple donor funded projects, what are the internal and external challenges you closely monitor to assure the attainment of your financial objectives?

Mostly it is the internal challenges which need s to be closely monitored. Mainly proper budgeting, overspending and spending by the project staff keeping in line with the budget.

Also, reporting requirements specified by the donors and proper record keeping, are the key areas which need to be monitored. This can sometimes be a challenge.

How would you characterise your management style?

My management style varies, as it depends on the subordinates with whom I'm working with. I expect dedication to work, responsibility, meeting deadlines and attention to detail, and if that is not given, I can be very pushy in getting the work done. But once a person is identified as a good learner, I would go out of the way to train / help that person with the work.

What's one key leadership lesson you've learned along the way?

Dedication to work and setting an example to my subordinates in ensuring that the work gets done.

Do you have any advice for female professionals who are in, or are looking to work in a management or leadership role?

Yes, if you need to succeed in a management role, you need to be strong, be honest and dedicated to work.

Staff Training Programmes organised by the Human Resources Division

Fire safety training

A "Fire Demonstration and Evacuation Training" was conducted for all Head Office staff on the 23rd of May 2019 by Mr. A. N. Lokuvithana. (Training Officer, Fire Service Department - Colombo Municipal Council).

Topics addressed were: Reasons for disasters, Identifying risks, Types of fire, Role of a fire warden, Role of fire team members, Firefighting equipment and How to use a fire extinguisher.



EXCEL workshop

A two day training programme on "Advanced Excel" was carried out by Ms. Nilanthi Jayawardena for selected staff on the 13th and 14th of May 2019.



Making policy happen



FPA Sri Lanka's Advocacy Team attended a meeting on the 9th of April 2019 at the Chief Secretary's Secretariat of the Northern Provincial Council, with Directors and Officials of the Ministry of Health, Education, Women and Child Affairs and youth representatives of the Northern Provincial Council on the Health of

Young Person's Policy. Ms. Sonali Gunasekera (FPASL Director Advocacy), Ms. Avanti Arsacularathne, (Senior Manager Advocacy) and Mr. Thushara Manoj, (Senior Manager Advocacy and Youth) conducted this meeting. The Youth Policy and Health Policy draft action plan was discussed.

The National Policy and strategy on Health of Young Persons was presented to the North Central, Eastern, North Western, Southern and Uva Provinces during the last three years.

The seven strategies of the policy are:

- Promote psycho social and mental well-being
- Ensure an optimum level of nutrition and physical fitness
- Ensure access to sexual and reproductive health education and services
- Prevent young people from substance abuse
- Prevent young people from accidents, injuries and violence
- Strengthen capacity, partnership and networking among all stakeholders
- Strengthen research, monitoring and evaluation of young people

UNFPA - FPA Sri Lanka partnership



From left to right: Ms. Madu Dissanayake (Assistant Representative - UNFPA Sri Lanka), Mr. Chandima Gunawardena (Hony.President - FPA Sri Lanka), Ms. Thushara Agus (Executive Director - FPA Sri Lanka), Ms. Ritsu Nacken (Country Representative - UNFPA Sri Lanka) and Dr. Pramilla Senanayake (Past President - FPA Sri Lanka)



Strengthening the relationship between UNFPA and FPA Sri Lanka, an agreement was signed on the 15th of May 2019 for the project "Improvement of Access to Information and Services of Sexual and Reproductive Health and Rights and of Gender Based Violence for Women and Young People". This grant has been given by the Government of Japan to contribute towards the reconciliation and

sustained peace efforts in Sri Lanka and is timely given the situation in Sri Lanka at present.

FPA Sri Lanka is the civil society focal point for FP2020 which is a country led movement to empower women and girls by investing in rights-based family planning. This project will involve Youth, Civil Society Organisations, religious leaders, working women, married women and

men to increase the awareness and usage of modern contraceptive methods. One of the key elements of this project is to be able to counter myths and prejudices on Sexual and Reproductive Health and Rights information that perpetuates communal violence. This would be achieved by a strategy developed by key stakeholders to rebrand family planning to encompass a human rights approach.

පවුල් සැලසුම් 2020 යනු නිරෝගී, කාර්යක්ෂම හා ඵලදායී පවුල් ඒකකයක් නිර්මාණය කිරීමයි.

2018 වර්ෂයේ ජූලි මාසයේදී ශ්‍රී ලංකා රජය අත්සන් නැඹු පවුල් සැලසුම් 2020 හෙවත් FP 2020 යනු කාන්තාවන් හා ගැහැණු ළමයින් ඉලක්ක කරගෙන ගෝලීය මට්ටමෙන් සිදුවන ව්‍යාපෘතියක් වන අතර එමගින් අපේක්ෂා කරන්නේ පවුල් සැලසුම් සම්බන්ධව කාන්තාවන් හා ගැහැණු ළමයින්ව අයිතිවාසිකම් මත පදනම් වූ ප්‍රවේශයකින් දිරි ගැන්වීමයි. 2020 වර්ෂය වන විට පවුල් සැලසුම් හා ලිංගික හා ප්‍රජනන සෞඛ්‍යය මෙන්ම අයිතිවාසිකම් සම්බන්ධයෙන් පුරුෂයාගේ සහයෝගය ද ඇතුළු කාන්තාව සිටිය යුතු ස්ථානය කුමක්ද යන්න මැන බැලීම මෙම ව්‍යාපෘතියේ අවසාන අරමුණ වේ. එමගින් තමන්ගේ ලිංගික සෞඛ්‍ය හා ප්‍රජනන සම්බන්ධයෙන් තීරණ ගැනීමට කාන්තාව සතු අයිතිවාසිකම කුමක්ද යන්න සාකච්ඡා කරන අතර, පවුල් සැලසුම් ඇතුළු සෞඛ්‍ය සේවාවන් වලට ප්‍රවේශ වීමට කාන්තාවට ඇති බාධාවන් හඳුනාගෙන එම බාධාවන් අතික්‍රමණය කිරීමට අවශ්‍ය පරිසරය සකස් කිරීම සිදු කරයි. ශ්‍රී ලංකා රජය මෙම ගෝලීය ව්‍යාපෘතිය සමග අත් වැල් බැඳ ගැනීම අගය කළ යුතු අතර මෙම ව්‍යාපෘතිය මගින් 2019 හා 2020 වර්ෂ දෙක ඇතුළත සපුරා ගත යුතු බොහෝ දේවල් ඇත. ඉතිහාසයේදී මෙන්ම වර්තමානයේදී පවුල් සැලසුම් යන නම සම්බන්ධයෙන් සමාජයෙහි පවතින

මිත්‍යාවක් වන්නේ එමගින් ජනගහනය පාලනය කිරීම, ජාතියක් ඉලක්ක කරගෙන ඔවුන්ගේ බිහිවීම පාලනය කිරීම යනුවෙනි. එහෙත් පවුලක් සැලසුම් කිරීම යනුවෙන් අදහස් වන්නේ එය නොවේ.

නිරෝගීමත්, කාර්යක්ෂම හා ඵලදායී පවුල් ඒකකයක් රටට දායාද කර දී එවැනි පවුල් ඒකක විශාල ප්‍රමාණයක් එකතුව පිරිපුන් සමාජයක් නිර්මාණය කිරීම ද එහි ප්‍රධාන වගකීමක් වේ. විශේෂයෙන් සම්ප්‍රදායික හෙවත් සරු භාවය අඩු විවාහක යුවළකට නවීන ක්‍රමවේද හරහා දරුවෙකු බිහි කර ගැනීම ද පවුල් සැලසුම යන මාතෘකාවට අයත් වන විෂයයකි. එමෙන්ම නිවැරදිව හා සෞඛ්‍යවත් ව පවුලක් නිර්මාණය කර ගැනීමට අවශ්‍ය දැනුම, සේවාවන් ලබා දීම රජය මගින් සිදු කරනු ලබන අත්‍යවශ්‍ය සෞඛ්‍ය සේවා සැපයීමක් වන අතර, ශ්‍රී ලංකා පවුල් සංවිධාන සංගමය වන අප සිදු කරන්නේ රජය මගින් සිදු කරනු ලබන එම සේවාවන් වලට අවශ්‍ය සහයෝගය ලබා දීමයි. විශේෂයෙන් ශ්‍රී ලංකාවේ තරුණ ප්‍රජාව තුළ ලිංගික හා ප්‍රජනන සෞඛ්‍යය සම්බන්ධව නිවැරදි දැනුම හා ආකල්ප ඇති කිරීමත් එමගින් ලිංගිකත්වය සම්බන්ධ සුභාවිච්චාවක් ඔවුන් තුළ ඇති කිරීම සිදු කළ යුතුව තිබේ. එමගින්

අපගේ අරමුණ වන්නේ දකුණු ආසියාවේ සියලුම රටවල් විසින් බොහෝ කාලයකට පෙර අත්සන් කරන ලද, අප රට විසින් ප්‍රමාද වී අත්සන් කරනු ලැබූ පවුල් සැලසුම් 2020 ව්‍යාපෘතිය හරහා සාක්ෂාත් කර ගත යුතු ඉලක්ක කඩිනමින් සාක්ෂාත් කර ගැනීමට අවශ්‍ය දැනුම, පුහුණුව හා සේවාවන් ලබා දීමයි.



Consultation Meeting on the 21st of May 2019 for the development of the FP2020 Curriculum in consultation with the Family Health Bureau, Population Services Lanka and FPA Sri Lanka's Advocacy Unit.

The curriculum will be used for the Training of Trainer (TOT) programmes and youth camps.

Under the purview of FPA Sri Lanka's Medical Unit, the Alokaya Counselling Centre conducted the following programmes.



For volunteers of Sri Lanka Sumithrayo on the 12th of June 2019

Topics discussed : Family Planning and Sexual and Reproductive Health



For Team Leaders of Camso Loadstar - Midigama Tyre Division on the 10th of June 2019

Topics discussed : Sub-fertility, STDs/HIV and Counselling



For IT Executives of Camso Global Business Services (Pvt) Ltd on the 7th of June 2019

Topics discussed : Impact of trauma and How to deal with trauma

Capacity building workshop on social and behaviour change



Mr. Mahesh Kumara, (Senior Manager, GFATM National Coach) participated in a Capacity Building Workshop on Social and Behaviour Change, organised by FHI 360 which was held from April 29th - May 3rd 2019, in New Delhi, India. It was held under the Linkages Project a U.S. Agency for International Development (USAID) funded project.

Objectives - For participants to gain an enhanced understanding of:

- Behavioural theories and frameworks
- The five stages of the social behaviour change(SBC) planning process
- Role of research in SBC
- Use of data for decision making
- New and innovative approaches to SBC
- Best practices in designing and implementing SBC interventions for key populations
- Hands-on experience in using participatory methodologies to develop SBC interventions.

The training methodology comprised presentations, interactive discussions, group work, case studies and field visits.

The Global Fund is a 21st - century partnership organisation designed to accelerate the end of AIDS, tuberculosis and malaria as epidemics. It is an international Funding Agent providing assistance to governments of recipient countries to fight against the three diseases. In Sri Lanka, the national HIV prevention programme has a vital component of community interventions due to its high transmission modality being via the sexual route. It, therefore, engages a chief non-governmental partner to give leadership to the community mobilisation and interventions required to curtail the spread of the HIV and to end AIDS by 2025, according to the National Strategic Plan for HIV.

As Principal Recipient 2 of The Global Fund Project for HIV prevention at a national level, FPA Sri Lanka collaborates with over 30 community organisations in 14 districts, with over 3000 Peer - educators on the ground. The community interventions include a variety of activities from training the community on HIV prevention, condom demonstration and distribution, escorting to STD clinics and carrying out HIV rapid testing. This project has been with FPA Sri Lanka for the last 6 years and FPA Sri Lanka has consistently achieved good results and outcomes expected by the donor.

A dedicated project team works very closely with the other stakeholders that include The Global Fund, the National STD and AIDS Control Programme, our community partners, the Country Coordinating Mechanism and all peripheral STD clinics.

Orientation meetings with Sub Recipients (Working in 13 Districts) under the new HIV GFATM Grant 2019 – 2021



The meetings took place on the 22nd and 29th of May 2019 with the participation of Community Based Organisations, Non Profit Organisations and Key Population Organisations who provide services according to the National HIV/STI Strategic Plan.

Connecting with most-at-risk populations, who are termed as Key Populations (KPs) globally, is the key strategy of HIV prevention. The KPs identified by the National HIV/STI Strategic Plan, Sri Lanka, 2018-2022, are men who have sex with men (MSM), transgender (TG) persons, female sex workers (FSW), people who use drugs (PWUD) /people who inject drugs (PWID), beach boys (BBs) and prisoners. Since most of these groups operate under the surface, peers are trained to approach them with preventive message and behaviour changing messages.

The National STD/AIDS Control Programme (NSACP), Ministry of Health and FPA Sri Lanka will tailor the KP-led HIV prevention interventions to the district-wise needs to contribute to increased case detection and enhanced linkage of KPs to services, in order to achieve the goal set for Sri Lanka to end AIDS in 2025.



Dr. G. Weerasinghe (National STD/AIDS Control Programme - Consultant and Key Population Focal Point)

Discussion on strengthening M&E systems the Global Fund project



A discussion on 'Strengthening M&E Systems through **spot checking** to improve data quality' of the HIV/AIDS prevention programme took place on the 6th of May at FPA Sri Lanka Head Office. This programme is funded by The Global Fund. Participants included the Country Coordination

Mechanism (CCM) key population sub-committee members, community based organizations including PLHIV(People living with HIV), key population organisations, National coaches, and the FPA Sri Lanka GFATM team.

What is a spot-check?

A Spot-check is to verify the actual delivery of services and/or commodities. It entails selecting a number of patients/clients from source documents and verifying that they actually received the services and/or commodities recorded. The spot check is also known as **hotspot based service and data quality assessment**.

As per the National HIV Monitoring and Evaluation Plan 2017-2022 of the National STD/AIDS Control Programme, actual delivery of service and/or commodities are assessed using the hotspot based service and data quality assessment among randomly selected peers / clients to measure the quality of services provided by the peer educators.

Play Therapy Workshop



Play therapy is a method of meeting and responding to the mental health needs of children and is extensively acknowledged by experts as an effective and suitable intervention in dealing with children's brain development. Although sometimes used with adults, play therapy is a psychotherapeutic approach primarily used to help children ages 3 to 12 explore their lives and freely express repressed thoughts and emotions through play. The workshop was conducted on the 13th and 14th of June 2019 by Ms Lucy Bowen and Ms. Badra Udawatta. (Deputy Director - Alokaya Counselling Unit)

Lucy is a Play Therapist from the UK who relocated to Bangalore following the completion of her MSc in 2014, and is the Executive Director of the National Association for Play Therapy in India. She has extensively studied child development and psychology, along with child and family therapy, and continues to both review and conduct leading research in the field.



The spot check/hotspot based service and data quality assessment is important to:

- 1 Compare the data quality of different project locations.
- 2 Take remedial actions.
Ex: - Over reporting of interactions
- 3 Maintain accuracy - The source of data is considered to be more accurate.
- 4 Assess data quality, measure quality of services provided by the community based service providers and behavioral change aspects.
- 5 Gather important information on achievement of project outcomes before conducting a final evaluation. Enable more opportunities to interact with primary beneficiaries.
- 6 Enable the evaluator to identify more realistic recommendations.

ஆட்டிசம் வகைக் குறைபாடு

ஆட்டிசம் என்பது ஒரு நோயல்ல. ஆட்டிசம் உள்ளவர்கள் நாம் காணும் இந்த சமுதாயத்தை காணும் விதம் வேறு. ஆட்டிசம் என்பது சாதாரண மூளை வளர்ச்சியைப் பாதிக்கின்ற நரம்பியல் ரீதியான வளர்ச்சிக் குறைபாடு ஆகும். சமூகத்துடன் தகவல் தொடர்பு கொள்ளும் ஆற்றல் (communication), மற்றவர்களுடன் சகஜமாகக் கலந்து பழகும் ஆற்றல் (socialization) போன்ற முக்கிய அம்சங்களில் குறைபாடு ஏற்படுவதால், ஆட்டிசம் உள்ளவர்களின் நாளாந்த வாழ்க்கைத் தரம் பாதிக்கப்படும். இதற்குச் சிகிச்சை இல்லை. ஆனால் ஒரு குழந்தை 2 வயதை அடைவதற்கு முன்னர் ஆட்டிசம் உள்ளதாகக் கண்டறியப்பட்டால், அதற்கு தகுந்த தலையீட்டை வழங்குவதன் மூலம் காலப்போக்கில் தனது பெரும்பாலான வேலைகளைச் சுதந்திரமாக செய்யும் அளவிற்கு அவரது வாழ்க்கைத் தரத்தை முன்னேற்ற முடிவது மட்டுமன்றி, அவருக்கே உரித்தான திறன்களை வெளிக் காட்டுவதற்கு வழிவகுக்க கொடுக்க முடியும். ஆட்டிசத்தின் அறிகுறிகள் மற்றும் அடையாளங்கள்

ஆட்டிசம் உள்ளவர்களின் அறிகுறிகளினதும்

அடையாளங்களினதும் தீவிரத்தன்மை ஒருவருக்கு ஒருவர் வேறுபடும். ஆட்டிசம் கொண்ட குழந்தையின் அடையாளங்களும் காலத்துக்குக் காலம் வேறுபடலாம். ஆட்டிசத்தினால் ஏற்படும் குறைபாடுகளை குறைந்த வயதில் கண்டறிவதினால் பெற்றோர்களுக்கும் மற்றும் ஆரம்பப் பாடசாலை ஆசிரியர்களின் பங்கு மிகவும் முக்கியமானது. Diagnostic and Statistical Manual of Mental Disorders (DSM- 5) மூன்று முக்கிய காரணிகளை எடுத்துக் கூறுகிறது.



Autism top early signs

1. தகவல் தொடர்பு கொள்ளும் ஆற்றல் (communication) மற்றும் சமூகத்துடன் கலந்து பழகும் ஆற்றல்களில் (socialization) குறைபாடு காணப்படலாம். உதாரணமாக,
 - a. யாராவது பேசும்போது அவர்களது கண்களை பார்க்காது விடுதல் (lack of eye contact)
 - b. பெயர் சொல்லி அழைக்கும் போது அதற்கு எந்தவித எதிர்வினையும் காட்டாதிருத்தல் (lack of reaction to name)
 - c. மொழித் திறனில் குறைபாடு. வாக்கியங்கள் அமைக்க இயலாமை, சொற்களில் தெளிவின்மை, தேவைகளையும் விருப்பங்களை சொல்ல இயலாமை.
 - d. அடுத்தவர்களின் நடவடிக்கைகளையும், முகபாவங்கள் மற்றும் உரையாடல்களை விளங்கிக் கொள்வதற்கு சிரமப்படுதல்.
 - e. தனியாக விளையாடுதல், நண்பர்கள் இல்லாமை, மற்றவர்களுடன் சேர்ந்து பழக சிரமப்படுதல்.
2. ஒன்று அல்லது இரண்டு செயல்களில் மட்டுமே காட்டும் தீவிர ஆர்வம் (restricted interests) மற்றும் அதை மீண்டும் மீண்டும் செய்வதற்கான நாட்டம் (repetitive behaviour). உதாரணமாக,
 - a. ஒரே விடயத்தில் நாட்டம் காட்டுதல். அதைத் தவிர வேறு எந்த விடயத்திலும் ஆர்வம் காட்டாதிருத்தல்.
 - b. ஒரே செயலை அல்லது அசைவை மீண்டும் மீண்டும் செய்தல்
 - c. செவிமடுக்கும் சொல்லை அல்லது வாக்கியத்தை மீண்டும் மீண்டும் உச்சரித்தல்
 - d. தினமும் செய்யும் செயல்களை ஏதேனும் மாற்றம் ஏற்பட்டால், அதற்கு இணங்குவதற்கு சிரமப்படுதல், மிகுந்த கோபம் காட்டுதல்
 - e. புதிய சத்தங்கள், வேறுபட்ட மணங்கள், புதிய இடங்களை விரும்பாதிருத்தல்



3. மேற்கூறிய பிரச்சினைகளின் காரணமாக பாடசாலை, வேலைத்தலம் மற்றும் வாழ்வின் ஏனைய அம்சங்களில் நாளாந்த வாழ்க்கைத்தரம் பாதிப்படைதல்.

தலையீடு (Intervention)

மேற்கூறிய அடையாளங்களில் சிலதேனும் உங்கள் குழந்தையிடம் கண்டறிந்தால், அவற்றைப் புறக்கணிக்காமல் (குழந்தை) மருத்துவரை நாடுங்கள். தேவையான பரீட்சைகளின் பின் மருத்துவர், உளவியலாளர், பேச்சு சிகிச்சையாளர் அடங்கிய குழுவுடன் சேர்ந்து பயிற்சிகள் (therapy) மூலம் பிள்ளையின் வாழ்க்கைத்தரத்தை மேம்படுத்துங்கள்.

முக்கியமான குறிப்பு

பெற்றோரே உள்ளத்தைத் தளரவிடாதீர்கள். உங்கள் பிள்ளை தனது திறமைகளால் உங்களை ஆச்சரியப்படுத்தக் கூடும். அமெரிக்காவில் இவ் ஆண்டின் (America's Got Talent) இல் எல்லோரையும் பிரமிக்க வைத்த பாடகர் மற்றும் பியானோ வாசகர் (Kodi Lee) தீவிர ஆட்டிசம் கொண்டவர். கண் பார்வையும் இழந்தவர். குடும்பத்தின் அன்பினாலும் தக்க தலையீட்டினாலும் ஆட்டிசம் உள்ளவர்களின் வாழ்வு பிரகாசிக்கும் என்பதற்கு இவர் ஒரு அபாரமான எடுத்துக்காட்டு.

சான்றாதாரம்
www.nimh.nih.gov
www.webmd.com
<http://youtu.be/pDPdRYF7hTQ>
 Dr. Zaneefar Careem Drahaman
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Accountant



Pradeep Wijekoon
Sales Executive



Dulani Samanmalie
Data Entry Operator cum
Programme Assistant



Vijayasundaram Vinodani
House Keeping Assistant



Human Papillomavirus (HPV) and cervical cancer

Almost all cervical cancers are caused by a type of HPV (human papillomavirus), a very common infection that can be passed from one person to another through anal, vaginal, or oral sex, or through other close skin-to-skin touching during sexual activity. Preventing HPV can help prevent cervical cancer, and the best way to prevent HPV is to get vaccinated, practice safe sex, limit your number of sexual partners and not smoke.

48th Annual General Meeting of FPA Sri Lanka

The AGM took place on Saturday the 8th of June 2019. The Annual Report for 2018 titled “Raising the Topic” was also presented.

The main body of Governance of the Association is the National Council (NC). All decisions at operational level are made by the Senior Management Team, while policy decisions are taken by the National Council, so as to maintain credibility, accountability and transparency. The NC elected in 2018 will continue up until 2020.



From Left to Right: Dr. Esther Amarasekara (Hony.Secretary), Mr. Chandima Gunawardena (Hony.President) and Dr. Sriani Basnayake (Hony. Vice President)



Youth Members



We want to hear your views and suggestions! Please write to:
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